The Ultimate Places to De-stress P76

MALAYSIAN EDITION RM10

MALAYSIA
MARCH 2015

100% USEFUL!

# Men's Health

MALAYSIA'S NO.1 MEN'S LIFESTYLE MAGAZINE

www.mens-health.com.my



EXCLUSIVE WORKOUT PLAN

## SCULPT ABS LIKE THESE

4 WEEKS TO A CHISELLED SIX-PACK
P34

## BURN MORE FAT NOW!

NEW MOVES, FAST RESULTS

## DETOX LIKE A REAL MAN

P82

## 258 INSTANT ENERGY TIPS

## WHAT WOMEN REALLY WANT

ADVICE FROM 1000 LADIES
P68

## LOOK BEYOND THE FOOD LABELS

P88

## BOOST YOUR BRAIN POWER

4 MUST-KNOW MIND TRICKS
P18

# MORE ENERGY, MORE ATTITUDE

## adidas Performance expands its function-driven timepieces.




Questra
ADP3135




Questra
ADP3141

adidas

*Check out the collections at adidas Performance boutiques, selected Parkson, Metrojaya and Aeon stores.*



Questra
ADP3136



Questra
ADP3134



Duramo
ADP3156

The two adidas Performance collections—Questra and Duramo—introduce new members to the family. While the former makes strides with the most vibrant and dynamic colour extensions fit for the wild at heart, the latter showcases gold-tone plating with a stark of white which ingeniously contrasts yet compliments its successful Black and White predecessor.

# en's Heal

COVER STORIES

03.15


**18**
**BOOST YOUR BRAINPOWER**
Tap these four must-know mind tricks.

**34**
**CARVE A CHISELLED ABS**
*MH* Guy Matt Mazdak explains his workout routine.

**54**
**BURN FAT NOW!**
Eight steps to a slimmer you.

**76**
**THE PLACES TO DE-STRESS**
Reap the benefits of a vacation.

**82**
**DETOX LIKE A MAN**
Purge your body, bank balance, and even your Facebook page.

**68**
**WHAT WOMEN WANT**
Heed the advice and watch your sex life improve instantly.





SURFING
IS EVERYTHING
MIRAGE
THE ULTIMATE BOARDSHORT
DILLON PERILLO | MATT WILKINSON | GABRIEL MEDINA
www.ripcurl.my
/ripcurlmalaysia
@ripcurlMY
RIP CURL



# Men'sHealth

## 03.15
MORE USEFUL STUFF!


P40


P54


P62


P104

P28


**12**
**NEVER GO BALD**
Increase your hair count with this helmet.

**14**
**EYE PROTECTION**
Wear shades to prevent permanent eye damage.

**17**
**THE CHOREPLAY**
Show your woman that you're a good team player.

**20**
**BETTER LIVER HEALTH**
Drink coffee to reduce the risk of liver problems.

**22**
**THE DIFFERENT PERSPECTIVES**
These new rules will boost your workout results.

**24**
**MEAL PLAN-REVERSED**
Flip it around to help you lose those extra pounds.

**26**
**FLIRTING WITH DANGER**
A girl compliments you in front of your gal? Say "thank you" and move away.

**36**
**BREAK TRADITIONAL RULES**
Train smarter with the new Anarchy Workout.

**38**
**FROM PROTEIN TO MUSCLE**
Keep your fibres fuelled.

**40**
**ARE YOU DEPRESSED?**
Recognise the symptoms and face it head-on.

**42**
**STORM TO FITNESS**
Our Belly Off Club guy Zulfadli tells you how he does it.

**58**
**14 BEST WAYS TO EAT AN EGG**
Have yourself a #12 tonight.

**62**
**BEYOND THE PACKAGING**
Top nutritionists share their findings on fruit juices.

**64**
**THE TRIPS FOR EVERY MAN**
Escape everything with the right getaway.

**96**
**FOR THE FREQUENT FLYER**
Be stylish and comfortable wherever you go.



**ON THE COVER**
MATT MAZDAK
**PHOTOGRAPH**
CY WONG/ REALPIXEL STUDIO
**ART DIRECTION**
SHAHRUL HILAL
**GROOMING**
JOEY YAP




*The reporting in Men's Health is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. A doctor can best guide you.*


GET
ARMOURED
MALAYSIA #IWILL
UNDER ARMOUR
NOW OPEN SURIA KLCC
LOT 335 LEVEL 3
JERMAINE JONES
MIDFIELDER, U.S. MEN'S
NATIONAL TEAM
BRAND HOUSE:
• SURIA KLCC LOT 335 LEVEL 3 • PAVILION MALL (APR. 2015)
• MID VALLEY MEGAMALL (APR. 2015)
SOLE DISTRIBUTOR:
TRIPLE
UA.COM UnderArmourSEA UnderArmourMY

# Men'sHealth

**Mongoose Publishing Sdn Bhd (580051-K)**
Level 36, Menara Ambank
8 Jalan Yap Kwan Seng,
50450 Kuala Lumpur, Malaysia
www.mens-health.com.my

**All Enquiries**
Tel 03 2166 6650 Fax 03 2166 6651

**Editorial** editor@mens-health.com.my
**Editor** John Ng
**Senior Writers** Mira Soyza, Anis Taufik
**Staff Photographer** Hizwan bin Hamid
**Contributing Writers** Vivian Chong, Steve Thomas
**Contributing Photographers and Stylists** Rafael Estrella Dunn, Eranthe Loo, Kim White, Donovan Whyte, Eniko Szucs, CY Wong, Xerxes, Joey Yap, Vincent Paul Yong
**Intern** Faqih Aziz

**Art** production@mongooseasia.com
**Art Director** Shahrul Hilal

**Website** www.mens-health.com.my
**Group Digital Director** Tahmina Ashraf
**Web Manager** Elana Chee Mei Ling
**Web Developer** Wan Nadzirah Bt. Zulkhefli
**Web Designer** Amir Shahrir Bin Amiruddin
**Senior Web Designer** Vincent Chua

**Marketing** marketing@mens-health.com.my
**Head of Events** Amee Halim-Illiya
**Brand Development Manager** Kim Choong
**Assistant Marketing Manager** Aaron Larsson
**Reader Relations Manager** Thanabalasingam Balakrishnan

**Advertising** advertising@mens-health.com.my
**Account Director** Abill Zackry
**Sales Executive** Jared Tan

**Accounts** accounts@mongooseasia.com
**Senior Accounts Executive** Zuraiha Zahid
**Account Executive** Norshakila Abdullah

**Circulation** subscriptions@mongooseasia.com
**Circulation Executive** Sharil Ismail
**Dispatch** Mohd Sufi Abdul Ghani, Muhammad Fitri Badrul Sham
**Distribution** Mohd Khairie Abdul Karim

**Production**
**BHS Book Printing Sdn. Bhd.**
Lot 17-22 & 17-23, Jalan Satu,
Bersatu Industrial Park, Cheras Jaya, Balakong
43200 Selangor Darul Ehsan, Malaysia

**Management** www.mongooseasia.com
**Group CEO** Graham Paling
**COO** Mark Harvey
**Chief Content Officer** Matthew Bellotti
**Editorial Director** Lynette Ow
**Intl. Business Development Director** Richard Beatty
**Executive Publisher** Intan Shafinas Bte Meor Zailan

This magazine is published by Mongoose Publishing Sdn Bhd (580051-K) under license from Rodale Inc, publisher of Men's Health in the United States. All rights reserved. Title and trademark Men's Health©Rodale Inc. The views expressed in the articles, features and listings are not necessarily those of Mongoose Publishing Sdn Bhd (580051-K) or Rodale Inc. While every reasonable care is taken in compiling the magazine, the publisher shall not be held responsible for any omission, error, or inaccuracy. Please notify the publisher in writing of any such omission, error or inaccuracy. Editorial contributions are welcome but unsolicited materials are submitted at the sender's risk. The publisher cannot accept any responsibility for loss or damage. No part of this publication can be reproduced in any form without the publisher's permission in writing.

**PQ/PP 1505 (18353)**

Men's Health supports a healthy planet!

## RODALE INTERNATIONAL

**SVP, International, Business Development & Partnerships**
Robert Novick

**Director Content, Rights and Photography Operations, Editorial Director of Rodale International**
John Ville

**Editorial Director, *Women's Health* and *Men's Health* International**
Laura Ongaro

**Deputy Editorial Director, *Runner's World, Bicycling, Prevention* and Int'l Branded Books**
Veronika Taylor

**Senior Content Manager**
Karl Rozemeyer

**Associate Editor**
Samantha Quisgard

**Executive Director, Business Development and Global Licensing**
Kevin LaBonge

**Production Assistant**
Denise Weaver

**Coordinator**
Elizabeth McDarby

**Director, Business Development and Global Licensing**
Angela Kim

**Director , Global Marketing**
Tara Swansen

**International Finance Manager**
Michele Mausser

**International Business Development Coordinator**
Burcu Acarlar

RODALE
LIVE YOUR WHOLE LIFE

## GLOBAL EDITIONS/EDITORS-IN-CHIEF

**AUSTRALIA** Bruce Ritchie
**BRAZIL** Sergio Xavier
**BULGARIA** Vladimir Konstantinov
**CHINA** Zhou Song
**CROATIA** Robert Frkovic
**FRANCE** Patrick Guerinet
**GERMANY** Markus Stenglein
**GREECE** Vasilis Georgakakos
**HUNGARY** Máté Pásztor
**INDIA** Aroon Purie
**INDONESIA** Nino Sujudi
**ITALY** Enrico Barbieri
**KAZAKHSTAN** Asset Abdirov
**NETHERLANDS** Jan Peter Jansen
**PHILIPPINES** Allan Madrilejos
**POLAND** Krzysztof Komar
**PORTUGAL** Pedro Lucas
**REPUBLIC OF KOREA** Seung Kwan Paik
**ROMANIA** Mihai Ghiduc
**RUSSIA** Kirill Vishnepolsky
**SERBIA AND MONTENEGRO** Ivan Radojcic
**SINGAPORE** Kelvin Tan
**SOUTH AFRICA** Jason Brown
**SPAIN** Jordi Martinez
**THAILAND** Chatchawin Unhanun
**TURKEY** Fatih Büyükbayrak
**UKRAINE** Dmitry Pribytko
**UNITED KINGDOM** Toby Wiseman
**UNITED STATES** Bill Phillips

## LATIN AMERICA

Francisco Cuevas

**ARGENTINA**
**ARUBA**
**CHILE**
**COLOMBIA**
**COSTA RICA**
**CURAÇAO**
**DOMINICAN REPUBLIC**
**ECUADOR**
**EL SALVADOR**
**GUATEMALA**
**HONDURAS**
**MEXICO**
**NICARAGUA**
**PANAMA**
**PERU**
**VENEZUELA**

## MEN'S HEALTH MALAYSIA BOARD OF ADVISERS

**HONG YA CHEE**
Chief Nutritionist, iLife Nutrition

**JERRICAN TAN**
CSCS, ACE, Director, FIT Malaysia

**DR JAMEELA SATHAR**
MD, MRCP, Senior Consultant Haemotologist, Ampang Hospital

**DR MOHD HUSNI ADMAD**
MBBS (Mal), M.S. ORL, Head and Neck Consultant, Gleneagles Hospital

**DR GEORGE LEE**
MA MB BChir FRCS (Urol), Clinical Associate Professor at Monash University, Sunway Campus

**A/P DR IRENE LEE CHEW KEK**
Consultant Dermatologist, Dermatology and Aesthetics Clinic, Laurent Bleu Clinic

**THOMAS LING**
Certified Sommelier, UK, Certified Specialist of Wine and Spirits, US, Certified Sake Professional –Sake Education Council, Japan

**DR HARJEET SINGH**
MBBS (India), MS Ortho (UKM), MRCS (Edinburgh), Consultant Orthopaedic and Sports Injury Specialist, Columbia Asia Hospital

**DR MARTHA LEE**
DHS (US), Clinical Sexologist, Eros Coaching

**DR EUGENE WONG**
MBBS, MS Ortho (Mal) DipSurgAnat (Melb) AM (Mal), Adult and Pediatric Spine and Orthopaedic Surgeon, Pantai Hospital

**DR YAP YEE GUAN**
BMedSci (Nottm), MBBS (Nottm), MD (Lond), CCT (UK) (Cardiology & Int Medicine), Eur Cardiol (Europe), Consultant Interventional Cardiologist, Prince Court Medical Centre

**DR SAM HUNTER**
Mtech Chiro (RSA), Consultant Chiropractor, Clinic Director, TAGS, Spine and Joint Specialist Clinics, Ampang and Penang

# SMOOTH JUST GOT FAST.

LET'S MAKE EXCELLENT HAPPEN.




Fresh Foam ZANTE

newbalancemy
newbalancemalaysia

**FRESH FOAM GETS FAST WITH THE NEW FRESH FOAM ZANTE.**
Data-driven design and intelligent geometries combine to create a light, fast ride.

***THIS IS #FRESHFOAM.*** This is #Runnovation.

©2015 New Balance Athletic Shoe, Inc.

THE GARDEN, LOT T-221 (03-2856 9938) | 1-UTAMA, PHASE 2 LOT S303B (03-7496 5938) | FAHRENHEIT88, G15 (03-2856 9279) | KLCC, LOT315 (03-2856 9638) | KOMTAR JBCC, LOT 110 & 111 (07-2955193) | SUNWAY PYRAMID, F1.52 (03-5622 1363) | QUEENSBAY MALL, LG-91 (04-643 0171)

CALENDAR

# IN MARCH



## 8
### Le Tour de Langkawi 2015
The highly anticipated biking tournament makes a comeback early this month! Set to flag off from Langkawi over an eight day course, the race will see all participants embarking on an extensive 1,104.9km route across Peninsular Malaysia before culminating in a grand finale at Kuala Lumpur.
**www.ltdl.com.my**

## 14
### Viper Challenge
Find out what you're made of. Slated to be Asia's toughest obstacle course, the Viper Challenge presents adrenaline junkies with a unique 20km track littered with 20 obstacles. The challenge takes place on 14 and 15 March 2015 at the Sepang International Circuit.
**www.viperchallenge.com**

## 21
### Men's Health & Women's Health Night Run 2015
Ready for the very first Men's Health & Women's Health Night Run? Work up a sweat in the 5km or 12.3km race categories, and join in the festivities as we celebrate the launch issue of our sister magazine Women's Health Malaysia on the same night at Putrajaya.
**www.mens-health.com.my**

## 21
### Mahler's Symphony No 2
Get your dose of classical music at the Malaysian Philharmonic Orchestra with Gustav Mahler's Second Symphony. Conducted by Mahler specialist Benjamin Zander, the piece features an ensemble including a chorus and vocal soloists, and examines existential themes such as the frailty of life.
**mpo.com.my**

## 27
### Formula 1 Petronas Malaysia Grand Prix 2015
Rev up and be a part of the action when the 17th Formula 1 Petronas Malaysia Grand Prix rolls into town later this month. Witness first class acts of motor athleticism as racers push their limits and go against one another at the Sepang International Circuit.
**www.sepangcircuit.com**

## 19
## <<WATCH OUT
### Thriller Live
A global phenomenon that's captured the hearts of 3 million fans over 3,000 shows, Thriller Live arrives in Malaysia for the very first time. The two-hour London West End musical follows Michael Jackson's trailblazing career from his early days as part of Jackson 5 to solo artiste extraordinaire. Reminisce in the King of Pop's glory days with chart toppers like *I want You Back* and *Billie Jean*.
**www.ticketcharge.com.my**



# Men'sHealth

FROM THE EDITOR



## Take a breather

Around this time every year, my elder brother would suggest that the family go on a road trip. More often than not, that means to a resort where all of us can relax, unwind—and basically just catch up with what's going on in everyone's life. I used to be an enthusiastic and engaged participant. What happened? Well, work got the better of me.

"If you think you're too busy to even take a couple of days off from work, have a look at this," he WhatsApped me one morning, sending over a picture of three (or was it four?) thick piles of documents waiting for him on his desk. I couldn't follow up with a rebuttal. I didn't have one convincing enough to persuade anyone otherwise. He's the head of treasury operations at a bank. And, if he could find the time, I have no excuse—really.

Which is where this issue comes in. What you have in your hands is a personalised guide put together to remove the unnecessary travel fuss and make planning your trip easy. However, don't mistake this as a mundane sightseeing and bar-hopping itinerary. One example is the piece on **p64**, *6 Essential Trips of a Man's Life*, which can define your life and potentially make you a better man at the same time! Another is on **p76** where you'll find a list of highly touted local resorts for the rejuvenation of the body, mind and spirit. Oh and speaking of travelling, make sure to take on board our style tips on **p50** as well as **p96**.

By the time you read this, my family and I may be in the midst of making the bookings, if not already checking ourselves in.

Enjoy the issue!

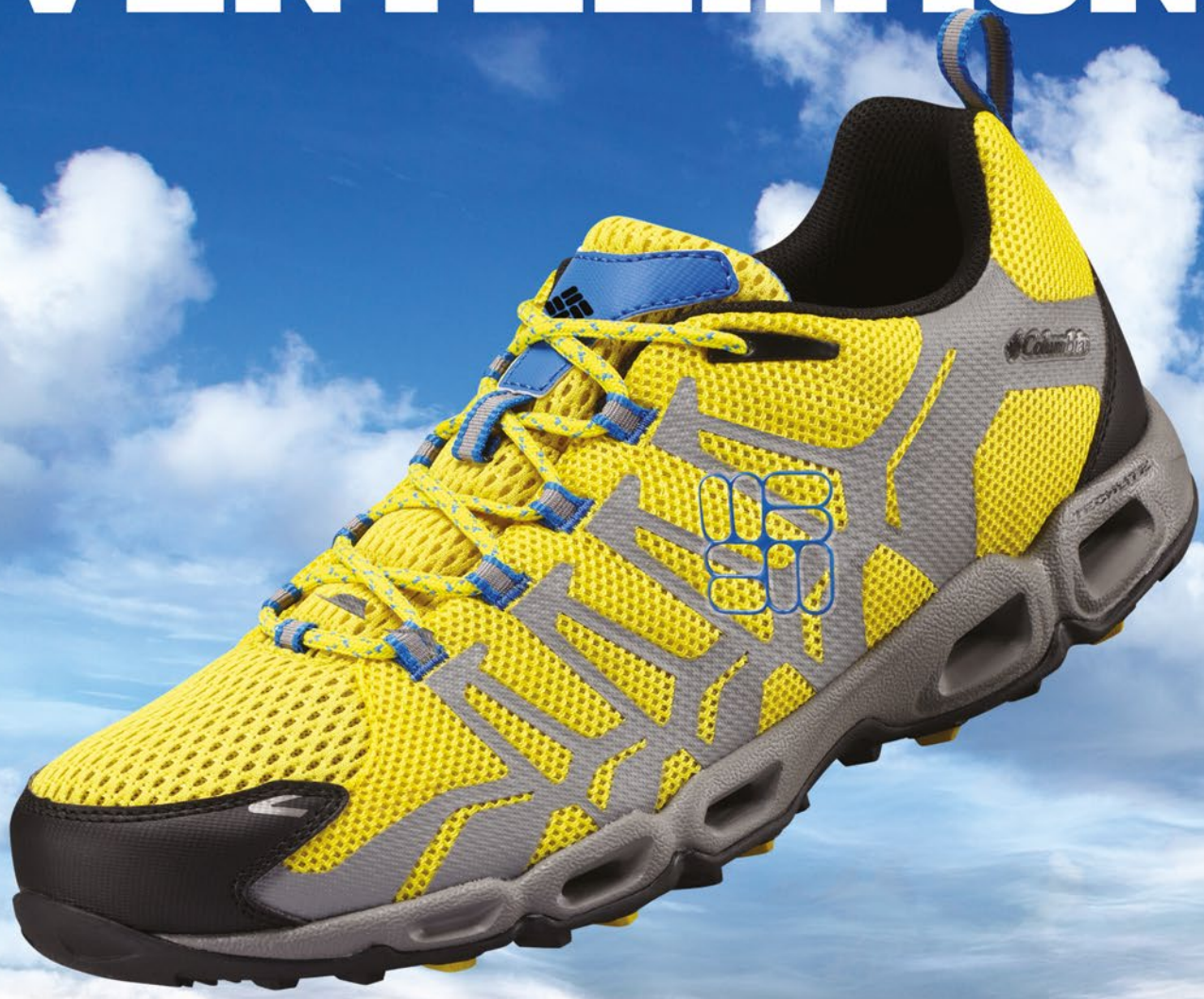


**John Ng**
**Editor**

**Men's Health Malaysia** **@menshealthmy** **@menshealthmalaysia**

PHOTOGRAPH **CY WONG**. BANANA REPUBLIC POLO SHIRT, PANTS AND BELT. EDOX WATCH

# EXPERIENCE VENTELATION



**MEN'S VENTRALIA**

We combined a breathable yet water-resistant upper with a vented outsole to create a feeling so awesome we had to make up words to describe it. Experience it for yourself. Visit **columbia.com**

Columbia
Trying stuff since 1938

Available at: Pavilion, 5 Floor, Tel : 03-2110 2033 | The Gardens Mall, 3rd Floor, Tel : 03-2287 4516 | eCurve, Ground Floor, Tel : 03-7727 3212 | Urban Adventure, Mid Valley, 3rd Floor, Tel : 03-2201 4339 | Queensbay Mall, 1st Floor, Tel : 04-645 4368

# Ask MH™



## Is that new hair-growth helmet legit?

-TOM

It reeks of infomercial, which is a shame because the iGrow device works. This FDA-cleared "helmet" uses lasers and LED light to activate dormant hair follicles. In a 2013 clinical trial, men who spent 25 minutes under the dome a few days a week for 16 weeks saw their hair count increase 35% over that of guys who donned a sham dome. That's similar to other OTC treatments—without the side effects, says *MH* US dermatology adviser Dr Adnan Nasir. Cost to banish that bald spot: *igrowlaser.com* **RM2,505**.

### Which bean is best?

-MARSHALL

That's like asking which Victoria's Secret model is hottest. But we'll bite: While all legumes are nutritious, the tiny garbanzo is a class-leading bean. A cup of canned garbanzos (aka chickpeas) provides 18 grams of protein, including every amino acid necessary for muscle growth, says Rebecca Scritchfield, a dietitian in Washington, DC. In other words, hummus could make you huge (Musclewise, that is). Want more bean-efits? Researchers in Canada found that people who regularly consume garbanzos have healthier cholesterol levels than those who don't. Credit a high dose of soluble fibre, the kind that sucks up water, forming a gel in your intestines that blocks cholesterol from being absorbed. Soluble fibre also fuels gut probiotics, the healthy bacteria that promote digestion, protect your colon and give your immunity a boost. Toss the beans into a salad or develop a hankering for carrots and celery dipped in hummus. And don't worry about tooting your own horn: An Arizona State University study found that while all beans may cause flatulence initially, the fallout fades after a few weeks.

### If I wear compression gear, will I be less sore after a workout?

-JAKE

There was a time when a guy wearing spandex in the gym would elicit snickers. Now it prompts thoughts like, What does he know that I don't? Here's what: A 2013 review published in the *British Journal of Sports Medicine* concluded that people who wear compression garments after their exercise sessions experience less soreness and faster muscle recovery than people who stick to a T-shirt and shorts. That's because the constrictive material mimics a sports wrap, increasing bloodflow to your muscles while speeding the removal of creatine kinase, an enzyme that leaks out when you exercise and causes that telltale ache. Still sore after your workout? Your duds may not fit, says study author Jessica Hill, MSc. Next time, try before you buy. That compression garment should feel slightly snug—not suffocating.

PHOTOGRAPH **CLAIRE BENOIST**

# the grand Songkran Festival

## Date: 13th – 15th April 2015

Venue: Chiang Mai, Ayuthaya, Bangkok, Phuket, Pattaya,
Hat Yai (Midnight Songkran start from 12th April 2015)








Contact: **Tourism Authority of Thailand**
Tel: 03-2162 3480 Fax: 03-2162 3486
Email: info@tourismthailand.my
Website: www.tourismthailand.org
www.tourismthailand.my


amazing THAILAND
2015
Discover Thainess

# Ask MEN'S HEALTH

LIFE QUESTIONS, ANSWERED



### I'm planning to go backpacking for three days in the Rockies. What's the fastest way to adjust to high altitude?

-BEN

Here's a rule of thumb for preventing altitude sickness: Once you're above 10,000 feet or so, limit the elevation increase of your sleeping environment to between 1,000 and 1,500 feet a day, says Dr Andrew Luks, an associate professor at the University of Washington's division of pulmonary and critical care medicine. Breaking your ascent into chunks will give your body time to acclimatise to the reduced oxygen supply. (Track your daily elevation progress by checking a topo map or bring a GPS with an altimeter.) But if you're planning to summit a peak, you may need more than three days to acclimatise. Consider asking your doctor to prescribe the respiratory stimulant acetazolamide, which can ease your adjustment when oxygen is lacking. Note: This Rx is not a permission slip to push it and exceed the recommended ascent rates. Climb too fast and you'll be rushing toward headache, nausea, and, in rare cases, cerebral or pulmonary edema—potentially fatal swelling of the brain or lungs. These dangers are precisely why monitoring yourself during the ascent is critical: If you notice your breathing becoming laboured or you begin to lose coordination, the hike's over. Call it quits and descend immediately to replenish your $O^2$.

### Are latex mattresses worth the insanely high price tag?

- ALLEN

We get it. A rubber mattress? For more than a couple of thousands? Sounds insane, but the investment may actually be worth it. For one thing, researchers in Italy discovered that people who snoozed on latex logged more hours of shuteye than those who conked out on the traditional coil-spring type of mattress. According to *Men's Health* US adviser Dr W Christopher Winter of the Sleep Medicine Center at Martha Jefferson Hospital in Charlottesville, Virginia, latex mattresses may offer more comfort because you can mix and match softer and firmer layers. They're also built to last. "Theoretically, the [latex] mattress will never wear out, whereas if you purchase a traditional mattress, it will eventually need to be replaced." Finally, rubber isn't a very attractive environment for bacteria and dust mites, which means you're bound to breathe easier at night—unless, of course, you're allergic to latex.

### My wife swears by the Pilates reformer machine. How does it work? Is it worth trying?

-DANIEL

Sure, it looks like a medieval torture device, but it actually prevents pain. To understand how, let's start with a brief Pilates primer. The stretching and muscle-balancing Pilates moves help build your core and eliminate any potential weak spots in your abdominal muscles, says *MH* US adviser Alex Koch, CSCS, programme coordinator for exercise science at Lenoir-Rhyne University. But these mat-based exercises aren't easy for rookies. That's where the reformer comes in: This cot-and-band contraption lets you start off at a lower resistance while isolating each motion to make safe, steady gains. Eventually you can lose the training wheels and hit the mat for bigger gains. Brazilian researchers found that mat-based Pilates leads to greater activation of the rectus abdominis—an ab muscle crucial to the support of spine muscles—than the same moves done on a reformer. Ever struggled with back pain? Want a new core challenge? Tell your wife it's bring-your-husband-to-class day.

### Hangovers hit me harder as I've gotten older. Do they worsen with age?

-JEREMY

Sorry, your liver just isn't the alcohol-processing machine it used to be. As you age, it produces less alcohol dehydrogenase, an enzyme responsible for breaking down the two types of booze (ethanol and methanol) present in most drinks, according to researchers in Germany. So when you down the same amount of alcohol you consumed 10 years ago, it hangs around your body longer, thereby extending your morning agony. "When we get older, our whole recovery process for everything we do is harder, longer, and slower," says *MH* US adviser and gastroenterologist Dr Mark Welton. Want to avoid hellish mornings in the future? Drink less. For those times when you do overimbibe, give your liver a lift: Stir a scoop of whey protein powder into a glass of chocolate milk. The milk and whey are stocked with cysteine, an amino acid that can help rid your body of hangover-inducing toxins.

## I have perfect vision. Do I need to have my eyes checked annually?

-TYLER

Perfect vision? Your eyes may deceive you. "You can lose considerable vision in an eye or some of your peripheral vision, and not notice it because you walk around with both eyes open," says Dr Andrew Iwach, a spokesman with the American Academy of Ophthalmology. Plus, an eye exam involves more than just reading a chart; you also undergo a series of tests that may show signs of glaucoma, macular degeneration, diabetes or even cancer, Dr Iwach says. Bottom line: If you've been checked and received the ocular okay in the past year, you can get away with an exam every five years, says *MH* US ophthalmology adviser Dr Kimberly Cockerham. However, if you have health issues or a family history of poor vision or eye conditions, shorten that interval to every two to three years. In the meantime, wear sunglasses that provide 100% UV protection every time you step outside. Even on cloudy days, the sun's UV rays may be strong enough to cause imperceptible but permanent eye damage, says Dr Cockerham. That makes wearing shades the single most important thing you can do to protect your vision.



PHOTOGRAPH FREEIMAGES ILLUSTRATION TOBY LEIGH




Available at: **BRATPACK** - 1 Utama / Bangsar Village 2 / e@Curve / Paradigm Mall / Publika **PARKSON** - IOI City Mall

facebook.com/bratpackmalaysia

GET YOUR DIGITAL EDITION OF

# MEN'S HEALTH MALAYSIA NOW!







## SAVE 50%

off the cover price when you sign up for a year's digital subscription

**Plus, first issue is FREE!**

GET IT ON Google play

Available on the App Store

MALAYSIA Men's Health

WWW.MENS-HEALTH.COM.MY

# Bulletins

The latest news on health, sex, nutrition, exercise and weight loss



**Help her with the laundry and she'll wear less of it.**

PHOTOGRAPH **DREAMSTIME**

## She Wants Choreplay

Teamwork means happiness. Both **you and your wife will feel more satisfied if she sees a strong father-child relationship** and thinks you're doing your fair share of the household work, the *Journal of Family Issues* reports. Your interest in the kids "equates to interest in her," says study author Dr Adam Galovan of the University of Missouri. As for chores, couples are happiest when they do the day-to-day tasks together, the study found. So don't go off to mow the lawn and consider your work done for the week. Pitch in with mundane jobs like the dishes and putting the kids to bed. "You're still spending time with her and the kids," Galovan says.

# Brain Bulletin

## Block Out Distractions

One device at a time, people: **Media multitasking may physically alter your brain,** a British study suggests. The researchers found that the grey matter of screen junkies' brains was less dense in an area known as the anterior cingulate cortex, which helps regulate thought and emotion. Deterioration of this region could shorten your attention span and may explain why media multitaskers are more likely to be depressed or have social anxiety disorders, according to study author Kep-Kee Loh. In other words, keep your head on straight and turn off your cellphone. And your tablet. And the TV.

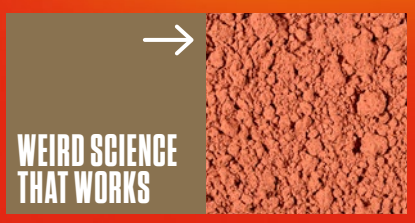


**14%**

Grey matter boost in people 10 years after they reported eating fish (baked or broiled) at least weekly, compared with folks who didn't

Source: *American Journal of Preventive Medicine*

FOR UP-TO-THE-MINUTE BRAIN TIPS, GO TO **MENS-HEALTH.COM.MY**




**The Finding** A cocoa-rich diet may reverse memory decline, say Columbia University scientists. Researcher Dr Adam Brickman believes cocoa flavanols affect the brain's dentate gyrus, which helps form memories. **Apply It** People who consumed 900 milligrams of cocoa flavanols a day for three months reclaimed their memory function of 30 years prior. Try a daily cocoa extract supplement.

## WAKE UP SMARTER

If the boss asks, you weren't snoozing—you were memorising. **Resting for a few minutes after learning something new can boost memory,** a new Scottish study reveals. People ages 60 and older who took a 10 minute "wakeful rest" immediately after learning a list of words were able to remember nearly 20% more words 15 minutes later than those who played a computer game instead. And the benefits were still evident a week later. Even if you're in your 20s or 30s, quiet rest shields you from outside stimuli, allowing your brain the chance to strengthen new memories, says study author Dr Michaela Dewar.



## EMPTY BELLY, FULL BRAIN

Trust your growling gut: **You're more likely to make smarter decisions on an empty stomach,** according to Dutch researchers. Study participants who fasted before taking a series of tests made winning choices 50% of the time, compared with only 40% of the time for folks who ate a meal beforehand. "Being hungry may make you think less and act more on impulse," explains study author Dr Denise de Ridder. The implication: Undereating curbs overthinking. The intuitive approach might help when you're under pressure to make a complex call, says de Ridder.

EDITED **MELISSA ROMERO** ALL BULLETINS **GUILHERME ZAMARIOLI** (ILLUSTRATIONS)




# 17-18 October 2015
# Mt. Kinabalu, Kundasang
## Sabah, Malaysian Borneo

Jointly Organised by:

Sponsored by:

Official Airline:

Official Resort:

Official Tour Operator:

Official Mineral Water:

Official Attire:

Register online at www.climbathon.my
For more info, contact: Mr. Winceslaus

Email: wences@sabahtourism.com
Tel: +60 88-232121 Fax: +60 88-265540

# Nutrition Bulletin

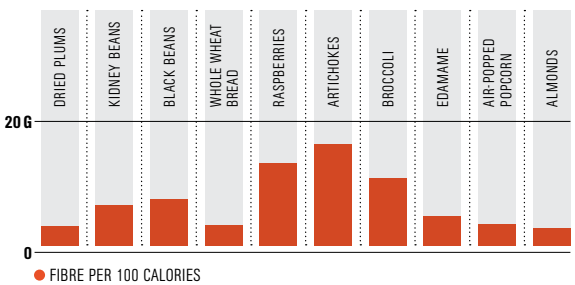


## The 3-Cup Fix

Go ahead and order the venti. **Coffee may reduce your risk of liver problems,** according to a new study from the National Cancer Institute. People who reported drinking at least three cups of coffee a day (regular or decaffeinated) were 31% less likely to have high levels of an enzyme that can indicate liver disease. The study authors believe several compounds found in coffee, including anti-inflammatory substances called diterpenes, may help promote liver health.

## RACK UP ROUGHAGE

The Incredible Bulk is coming to your rescue. A 2014 Korean study found that, on average, men who ate the most fibre were 27% less likely to die over 11 years than men who ate the least. As you digest fibre, it forms short-chain fatty acids that fight the inflammation linked to type 2 diabetes and stroke. See the chart to boost your fibre power. Aim for 38 grams a day.




## 24%

Reduction in your stroke risk if you increase your daily intake of olive oil by 5 teaspoons

Source: *British Journal of Nutrition*

FOR UP-TO-THE-MINUTE NUTRITION TIPS, GO TO **MENS-HEALTH.COM.MY**

## SMOOTH MOVE

Shake yourself awake: **A morning protein smoothie may help shield you from type 2 diabetes,** an Israeli study suggests. By measuring the study participants' post-smoothie blood sugar, scientists found that those who'd downed a beverage containing 50 grams of whey protein had a 28% reduction in glucose levels three hours later. Pounding protein may ramp up production of GLP-1, a hormone that causes your body to make more insulin. This process could help stop a glucose spike before it starts.

## WHAT THE HELL IS THAT?



**Term** Resistant starch, a type of complex carb. **What It Does** When you digest resistant starch, it breaks down to form butyrate, a molecule that can offset the harmful colon cell growth associated with eating red meat, Australian research found. **How to Eat More** Go for slightly underripe bananas, chickpeas, and cold potato salad, all of which are high in the stuff. (Reheating can destroy resistant starch—that's why you want the cold spuds.)

EDITED **LILA BATTIS** PHOTOGRAPH **DREAMSTIME** (POTATO SALAD)

# SPORTS DIRECT.COM

# NOW OPEN
# INTERMARK MALL, KL

karrimor®

— BUILT FOR —

## THE STREETS

**KARRIMOR** *452462*
*RUNNING JACKET*
RRP: ~~289~~
*AVAILABLE COLOUR*
**RM 99**

**KARRIMOR** *451739*
*XLITE 1/2 ZIP TEE*
RRP: ~~249~~
*AVAILABLE COLOUR*
**RM 85**

**KARRIMOR** *453481*
*LONG RUNNING SHORT*
RRP: ~~179~~
*AVAILABLE COLOUR*
**RM 57**

**KARRIMOR** *451631*
*RUNNING VEST*
RRP: ~~85.90~~
*AVAILABLE COLOUR*
**RM 39**

**KARRIMOR** *453206*
*SHORT TIGHT*
RRP: ~~179~~
*AVAILABLE COLOUR*
**RM 59**



**KARRIMOR** *765253*
*REFLECTIVE BOTTLE BELT*
RRP: ~~139~~
*AVAILABLE COLOUR*
**RM 69**

**KARRIMOR** *765245*
*FLASHING BAND*
RRP: ~~33.90~~
*AVAILABLE COLOUR*
**RM 17**

**KARRIMOR** *765057*
*XLITE SMARTPHONE ARMBAND*
RRP: ~~119~~
*AVAILABLE COLOUR*
**RM 46**

**KARRIMOR** *211885*
*DUMA RUNNING SHOES*
RRP: ~~459~~
*AVAILABLE COLOUR*
**RM 189**

**KARRIMOR** *211003*
*D30 RUN RUNNING SHOES*
RRP: ~~899~~
*AVAILABLE COLOUR*
**RM 399**

LONSDALE LONDON · adidas · karrimor · PUMA · Slazenger · new balance · asics · BROOKS

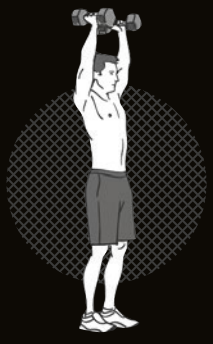
www.sportsdirect.com.my / SPORTSDIRECT.MALAYSIA @SportsDirectMY SPORTSDIRECTMSIA

**SUBANG JAYA FLAGSHIP STORE** *Tel 03 556 68700* | **INTERMARK MALL KL** *Tel 011 2763 8348* | **IOI CITY MALL PUTRAJAYA** *Tel 03 5879 9515* | **1 MONT KIARA MALL** *Tel 03 6211 6780* | **AEON BANDAR UTAMA** *Tel 03 7725 6734* | **TESCO EXTRA BUKIT TINGGI KLANG** *Tel 03 3322 1916* | **TESCO EXTRA IPOH GARDEN MALL** *Tel 05 5455 448* | **HATTEN SQUARE BANDAR HILIR MELAKA** *Tel 06 281 5773* | **KSL CITY MALL JOHOR BAHRU** *Tel 07 289 0067* | **TESCO EXTRA DESA TEBRAU MALL JOHOR BAHRU** *Tel 07 351 5084* | **TESCO EXTRA SEBERANG JAYA PULAU PINANG** *Tel 04 390 6398*






**Step 1**
Hold dumbbells in front of your shoulders; dip your knees.



**Step 2**
Push explosively with your legs and press the weights up.

# Push Yourself to New Heights

The next time you do an overhead press, don't just stand there—give yourself a push. **The push press can help you build serious lower-body power,** according to a new study by British researchers. When participants performed the move, which adds a partial squat to the overhead press, they exerted the same amount of force into the ground as they did during a barbell jump squat. The takeaway: By swapping your regular shoulder exercise for the push press, you receive the benefits of two moves for the price of one. Just 3 to 5 sets of 3 to 5 reps once a week will do the trick.

## 43%

Average score earned by a group of 1,800 certified trainers on a test of physical activity guidelines
Source: *Journal of Strength and Conditioning Research*

FOR UP-TO-THE-MINUTE MUSCLE TIPS, GO TO **MENS-HEALTH.COM.MY**



## SUSPEND YOUR SOLO WORKOUTS

Start sweating with others. **People who do group high-intensity functional training, like CrossFit, are nearly twice as likely to say they'll stick to the fitness plan,** according to Kansas State research. "Participants liked the variety, results and competitiveness," says study author Dr Katie Heinrich.

RULE REVERSAL

## SHIFT YOUR PERSPECTIVE, BOOST YOUR PERFORMANCE

**Old Rule** Focusing on internal cues, such as pushing your torso up during a pushup, is the best way to maintain good form while training.
**New Rule** Men can generate more force and bang out more reps by focusing on external cues (for example, shoving the ground away during a pushup), according to a *Strength and Conditioning Journal* review. To move more weight, use the cues at right.

**PULLUP** Pull the bar toward the floor.

**SQUAT** Push the floor away and apart with your feet.

**DEADLIFT** Anchor your feet to the floor and drive the bar toward the ceiling.

**PLANK** Imagine that you have one glass of water on your head and another on your hips. Try not to allow either glass to spill.

EDITED: **MICHAEL EASTER** ILLUSTRATIONS, FROM LEFT: **SCIEPRO, ARTHUR MOUNT** (2); **DREAMSTIME** (CROSSFIT)

# BLEND, FLIP & GO

## A personal blender you can take with you wherever you're heading.






**MX-GM0501** RP: RM139
Blender (with Tumbler) 500 mL

If you're a health-conscious guy who's constantly on the move, chances are you'll find the latest Panasonic Personal Blender MX-GM0501 remarkably handy. Fitted with input power 260W and motor locked wattage 450W as well as a safety lock to prevent the blender from switching on when the tumbler isn't properly secured, this powerful machine features high performing stainless steel cutter sharp, durable, and long-life cutting blades, which makes blending your own nutrient-dense smoothie fast and simple. What's more, it comes with lightweight and safe-to-use BPA-free plastic tumblers and user-friendly opening cap that guarantee to fit neatly into your lifestyle—be it to the office or gym.

HEART HEALTHY

## Vitality Smoothie



Make: 1 serving

**INGREDIENTS:**

½ cup pink dragon fruit
½ cup cold water
½ cup grape juice (no sugar added)
1 teaspoon chia seeds

**METHOD:**

- Remove the skin from the pink dragon fruit.
- Cut the dragon fruit into small cubes.
- Put the pink dragon fruit, grape juice, cold water and chia seeds into the blender.
- Blend till smooth.

Nutrient Analysis (per serving)

Energy: **155kcal**
Fat: **1.9g**
Carbohydrates: ***38.4g***
Calcium: **47.3mg**
Dietary fibre: **2.6g**
Vitamin C: **67.6mg**
Protein: **1.2g**

**NUTRITION TIP** *The seeds in pink dragon fruit and chia seeds are sources of unsaturated fat as well as Omega-3. These have protective health benefits for the heart.*

**For more information:** *www.panasonic.com/my*

Panasonic Cooking

# Weight-Loss Bulletin

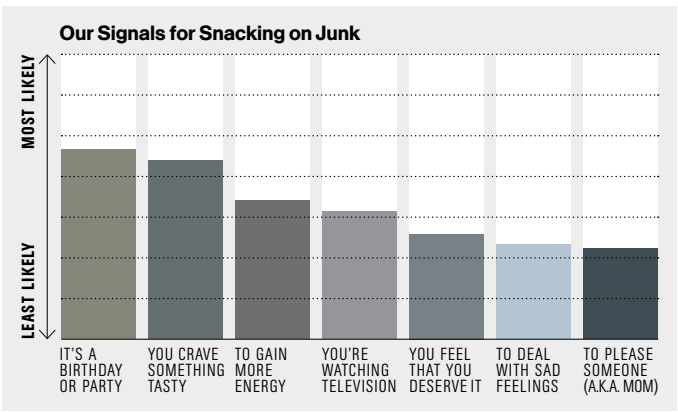
## Sugarcoating: The Problem

The enemy has been identified, and it's not french fries. Of everything we eat, **sugar is the greatest predictor of weight gain in men,** say researchers in Japan. For every 5 grams of sugar men consume daily, they gain almost half a pound within the year. And since our typical diet includes approximately 22 grams of added sugar a day, you can see the problem. An easy way to cut back is to forgo the sugar in your coffee, says study author Dr Hirohito Sone. One teaspoon is 4 grams of sugar. Your efforts can snowball from there.



## THE GLUTTON BUTTON

Celebrate with care: **Parties provide the strongest triggers for unhealthy snacking,** a Dutch study reveals. "To prevent cravings, first identify your biggest trigger—like the chip bowl. Then make a plan to change the behaviour, such as picking the fruit platter," suggests study author Aukje Verhoeven.




**32%**

Increase in pasta devoured when diners' companions were overweight

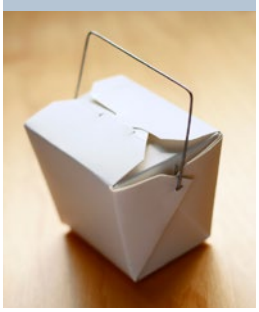
Source: *Appetite*

FOR UP-TO-THE-MINUTE CARDIO TIPS, GO TO **MENS-HEALTH.COM.MY**

## LIGHTEN UP AT NIGHT

Flip your meal plan around: **Eating your biggest meal in the evening may raise your risk of obesity,** according to new research from Italy. In fact, the risk was double for study participants who consumed half or more of their total daily calories at dinner. That may be because insulin sensitivity falls later in the day, while absorption rates of dietary carbs increase, says study author Dr Simona Bo. So eat a big breakfast, a medium lunch, and a small dinner, she says.

## HACK YOUR DIET



**The Trick** Use your laptop to lose weight: Ordering lunch online can save you calories. A study in the journal *Appetite* found that people who preordered lunch online selected meals with 115 fewer calories and 5.4 fewer fat grams, on average, than lunches that were purchased in person.

**Why It Works** Study author Dr Etienne Phipps, says online planning removes sensory cues, such as food smells, from the equation, helping to prevent unwise meal choices.

EDITED **MELISSA ROMERO** PHOTOGRAPH **DREAMSTIME**

okamoto®

*ADVERTORIAL*

ZERO ZERO THREE 0.03

# ULTRA-THIN YET RELIABLE

## Enjoy a natural sensation with Okamoto 0.03.

Okamoto has been pushing the boundaries by utilising the world's most advanced technology in pursuing and challenging the ultimate "nothing-like" feeling for the past 80 years with the belief on the three essential factors: thinness, softness and safety.

Unlike many other brands which only have a "thin point" (usually at the opening end), Okamoto 0.03 is evenly thin throughout its length and this series has the thinnest latex condom you can find in the Malaysian market today. The 0.03 series ensures softness that leads to "close-fitting" where you feel every sensation, while providing the strong and durable protection you need.



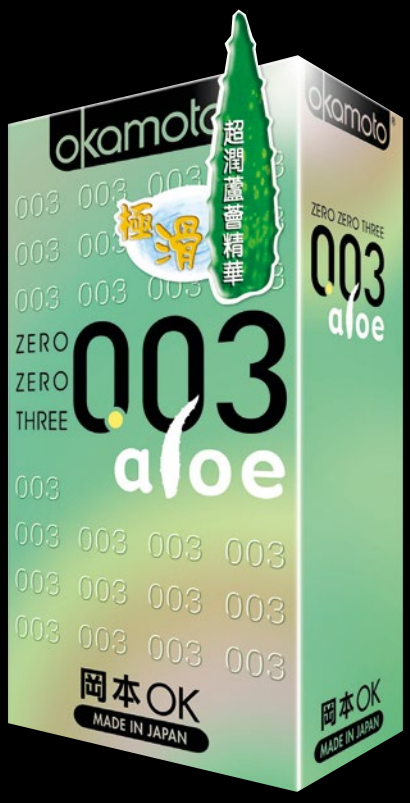

**REAL FIT**

Designed in a way to enhance the senses, it is manufactured to conform to a more natural shape, different from the usual test-tube shape. The reservoir tip is eliminated to offer optimum sensation and comfort for you and your partner.




**HYALURONIC ACID**

Hyaluronic acid is widely used in skin hydrating products, and Okamoto is the first manufacturer to add this ingredient into this particular condom line.




**ALOE**

Known to prevent irritation, pain, itching and help retain moisture, aloe vera is added to avoid dryness during intercourse for maximum pleasure.

**For more info: www.okamoto.inc.jp/en/products/condom & www.okamoto.com.hk**

# Sex Bulletin

## SCREW U.



**The Finding** People who hit orgasm share more secrets after sex than non-climaxers do, reveals a *Communication Monographs* study.
**The Science** The release of the hormone oxytocin after orgasm may help us read social and emotional cues and see a benefit in speaking freely, according to study author Dr Amanda Denes. Oxytocin may help you realise that you bond more if you share more.
**Your Play** Stay awake. Take her pillow talk as a coital compliment.



## FLIRTING WITH DANGER

If you hear a dude say nice things about your girl, fine. **But women tend to be wary of other women who compliment you,** an Arcadia University study found. More so than men, women watch out for potential mate poachers—especially their gal pals, who'd know if the relationship has hit a rough patch, says study author Dr Christina Brown. Just tell a female flatterer "thank you" and move away, Brown says. Then lean toward your mate or put an arm around her.



## Is an STD Brewing?

Think twice before mixing alcohol with sex. **Booze raises your odds of contracting HPV,** a study in *Sexually Transmitted Infections* reveals. Nearly 70% of men who exceed two and a half drinks a day carry the human papillomavirus—that's about 11% points higher than the rate of more-moderate drinkers. Even factoring in sex habits, these guys ran higher risks of any HPV infection (by 13%) and of cancer-causing HPV types (by 35%) than men who drank the least. Alcohol, even in moderation, can hamper your immune system, says study author Matthew Schabath. So use condoms and book an HPV vaccination; it's nearly 100% effective.

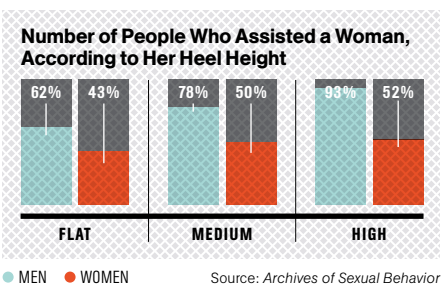
**11**

Men ages 25 to 64 are most likely to seek an affair when their age ends in this digit.
Source: *PNAS*

FOR UP-TO-THE-MINUTE SEX TIPS, GO TO **MENS-HEALTH.COM.MY**

## HELPING DAMSELS IN... HEELS

Are we really this predictable? The higher a woman's heels, the more likely men are to help her. Researchers in France watched how guys reacted when a variably shod woman dropped a glove on the sidewalk. "Heel size exerted a powerful effect on men's behaviour," the study notes. Possible reasons: Heels make her taller; her gait is sexier; and media messages condition us to associate high heels with sex. The attraction held true in four separate experiments, even with the woman seated.




Source: *Archives of Sexual Behavior*

EDITED **LAURA TEDESCO** PHOTOGRAPH **IDREAMSTIME** (SCREW U)


*Designer Shirts.*
*Tailored quality.*
*The Perfect Fit.*
Made from the finest cotton fabrics by European mills, discover our inaugural range of exclusively designed shirts at our new ready-to-wear flagship store on Level 6.
Bespoke service and ready-to-wear collection available.
LORD's™
Pavilion KL (Level 6)



WORDS **ANIS TAUFIK** PHOTOGRAPHS **VINCENT PAUL YONG** ART DIRECTION **SHAHRUL MILAL** STYLING **MIRA SOYZA** GROOMING **ERANTHE LOO** LOCATION **GRAND HYATT KUALA LUMPUR;** MICHELLE LEE WEARS WHITE SHIRT FROM GAP AND BRASSIERE FROM SOYZA'S CLOSET.



# Keep on Kickin'

Michelle Lee's the golden girl on *Astro Football Overload*. The TV presenter and radio deejay strips down and bares her thoughts on love, relationships and how you can score with gals.

**EVER WONDERED WHAT A ROMANTIC** staycation in the city with Michelle Lee would be like? Picture this: Michelle pulling the duvet across her bare shoulders and kicking her feet between the sheets in a suite at Grand Hyatt Kuala Lumpur. You're probably used to hearing the *Astro Football Overload* host and Hitz.FM deejay dishing out detailed game analysis, but today she's opening up about what she likes in a man and how you can set the sparks flying.

"Travelling together is good," Michelle says. "Your relationship grows because you're spending an excessive amount of time together and things are bound to go wrong when you travel. You get to see how your partner handles situations like meeting new people, especially the ones who don't even speak your own language."

Though seemingly minor, these revelations are vital Easter eggs in the curious domain of relationships. "It basically opens you up to who your partner really is—whether they're the kind who would rough it out or needs to be pampered wherever they go." There's a merit to travelling in a relationship, "It's good bonding time because you experience new things and create memories together." Michelle unveils an added bonus behind this: It gives the both of you something to laugh about in the future.

Is bunking a hotel room with your lady friend a cause for concern? Michelle sheds light on the importance of touch and physical intimacy, describing it as "a whole different level of being able to know a person and being comfortable to that degree." She confesses that she finds it hard to be physically intimate with someone, "I really need to get to know a guy before I'm even ready to kiss him." She acknowledges that she's even been called a prude, but don't get her wrong; Michelle's just held back by an innate sense of self-preservation.

It doesn't take rocket science to make a gal feel comfortable. According to Michelle, the equation is simple: A good dose of honesty mixed with sincerity. "Don't lie or fake anything cause that would just ruin everything you built up," she warns. "If you're talking about sex, don't be pushy." She points out guys need to understand that a relationship doesn't necessarily equate to sex, "Don't think if she's your girlfriend, she's automatically going to sleep with you. It should never be that way." Different people have different principles, she notes; everyone has a different take on what physical intimacy means to them. Mirroring an Austen-esque notion on the role your intentions play in courtship, she quips, "Your aim in making her feel comfortable shouldn't be because you want to bed her. Don't you love her and want her to be happy?"

*"I'm drawn to men who are ambitious and driven. Passion is really sexy. When they talk about what they love, it's very alluring. It's a huge turn on to see them put so much energy into something."*

Michelle highlights that the guys who made a lasting impression on her were those who went above and beyond the call of duty. "It's not anything specific," she says. "I like to be independent and do things on my own. But I've been with guys who went out of their way for my safety because they knew that I was in need." She mentions a significant other who had driven all the way to Sepang at 4am to pick her up after a job, only to drop her home and give her a wakeup call the next day, "I'm not saying you have to do whatever I say, but I think it's romantic when you naturally want to go out of your way for love."

Michelle talks about her career, sharing that she measures how far she's come through the milestones achieved like landing a regular TV hosting gig and venturing into radio. A driven individual who embraces challenges, Michelle says that she'd love to break into a different genre like travel or even tech. "The way I was raised was about putting in a lot of hard work. I was never born with a silver spoon in my mouth—I had to work for everything. Your mentality is the first thing that will motivate you because it's always mind over matter."



MICHELLE LEE WEARS BATHROBE FROM GRAND HYATT KUALA LUMPUR AND BRASSIERE FROM SOYZA'S CLOSET.



## Michelle Lee gets the ball rolling on what catches her attention and how you can impress a girl like her.

### *Flash Those Pearly Whites*

*"I always notice guys' postures. The way they stand, carry themselves, walk...the way you look like you don't want to be there or like you own the room—it's very obvious and comes through. Typically, the men I notice are the ones that are confident. Don't slouch, walk confidently and smile—it shows that you're comfortable with yourself."*

### *Don't be a Cock*

*"Confidence is knowing you're good enough, but not showing it off. Cockiness is telling the whole world and basically exaggerating what you actually have. There's a difference even with athletes—confident versus cocky ones—in their games and competitions. There are some guys who are like 'I'm the best in the world' but people are actually beating your ass. So don't show off."*

### *Keep Yours Hands Off*

*"If a girl seems like she doesn't want to talk with you, don't continue the conversation. If she's backing off, don't go and chase her. I've been in situations where people are extra touchy-feely around me and that makes me uncomfortable. It's okay to talk, but when you start touching my arm and all when we've obviously just met, it's crossing the line."*

### *Fire Up with Passion*

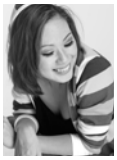
*"I'm drawn to men who are ambitious and driven. Passion is really sexy. When they talk about what they love, it's very alluring. It's a huge turn on to see them put so much energy into something. Ambition, drive, passion—all that translates into a relationship too. If you're passionate about me, you're gonna put a lot of work into the relationship as well."*



# My girlfriend hasn't been able to find a job for almost a year now. I can support her financially, but how much is too much?

ADRIAN, SELANGOR

A year is a long stretch to be unemployed. It's okay to provide for her basic needs, but when excessive costs are incurred, that's when the magic carpet ride needs to end. That being said, bear in mind there is very little motivation to find a job if financial woes aren't peeking at the corner. Perhaps all she needs is a little inspiration. To do this, apply the reward method: "When you get a job, let's go celebrate at [insert a fancy restaurant name]."



## ASK US NOW

Email our regular contributor Vivian Chong your questions on women, love, dating and sex to **editor@mens-health.com.my**

### I've fallen for a female friend of mine, but she has a boyfriend. Should I speak up?

BEN, KUALA LUMPUR

Before you utter those fateful words, ask yourself what you are trying to gain from telling her: A relationship? That she'll come running straight into your arms because you're the better man? As hard as the truth may be to swallow, she's dating someone she wants to be with. If that relationship is rock solid, your confession will do little to shake up their foundation. And if it's not, your declaration will just be an invitation to become the third wheel until she handles her own.

### My girlfriend gave me a key to her place. Does that mean I need to do the same?

MELVIN, KUALA LUMPUR

Just because she's ready for that kind of commitment doesn't mean you have to be. The sharing of a unit, especially in the form of key exchange, often means more than just come over for dinner every now and then and watch the games. She's hinting at settling down and having this arrangement be more permanent. Have a conversation with her and dish out all the hard topics like "Where do you see us going?" and "What does this mean for us?" Who knows, you might be ready to commit by the end of that chat.

### How do I break it to her that I hate the pet name she gave me?

ZAINAL, JOHOR BAHRU

Whatever happened to the generic call of adoration such as "babe", "darling", "honey" and "baby"? There is no safe way to tell her to stop using the pet name she has assigned to you since that has become a habit and how she communicates her affection for you. However, you can tell her to keep that particular pet name to enclosed settings where there are just the two of you. If that doesn't work, a rose by any other name would smell as sweet. Let her ride out the novelty of the expression and she'll move on to something else.

### Should I tell my partner there's a somewhat indecent photo of me online?

RAMESH, MELAKA

While honesty is the best policy, sometimes it's wiser to withhold lesser information until it comes to light. You've obviously had a past that she wasn't always a part of and unless she scavenges the Internet specifically searching for nude pictures of you, there's only a slim chance that she'll come across your birthday suit display. Regardless, if she does find it, just give her the lowdown and spare the details. Make light of the ordeal and she'll respond in kind.

PHOTOGRAPH **DREAMSTIME**




At the heart of it all, Berjaya Hotels & Resorts is dedicated to serving great memorable experiences that will warm hearts and enrich souls. We believe in the need for inspiring commerce meetings, relaxing retreats and soothing respites for meaningful sojourns, so we can serve to redefine senses, make a difference and most of all, help you to be better.

MALAYSIA | PHILIPPINES | VIETNAM | SRI LANKA | SEYCHELLES | UNITED KINGDOM

**BERJAYA HOTELS & RESORTS** a division of Berjaya Land Berhad (201765-A)

Corporate Office | Level 15 West, Berjaya Times Square Hotel, Kuala Lumpur, 1 Jalan Imbi, 55100 Kuala Lumpur, Malaysia
T + 60 (3) 2142 9611 F + 60 (3) 2144 2527 E bhr@berjayahotel.com

www.berjayahotel.com

# Tap into Your Grit

*MH* Guy Matt Mazdak set out to get as fit as he possibly can and he's sticking to the plan. Here's how you can do it too.



**FASHION MODEL, CERTIFIED PERSONAL TRAINER, AND OWNER** and club manager of Anytime Fitness in Taman Tun Dr Ismail, Matt Mazdak was indomitably determined from the first moment he stepped foot inside a gym that he wanted to become one of those guys flexing their guns in front of the mirror.

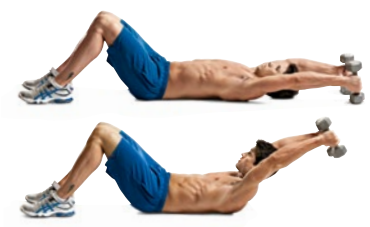
"I signed up for a membership then and there, started working out regularly and transformed my body from 63 to 83kg with 5% fat within three years, which I've been able to maintain for the past 15 years," he says.

One of the most prevalent questions Mazdak gets asked revolves around how he prevents his motivation from withering. And his response is threefold: 1. "I talk to other fitness enthusiasts—friends or even strangers from the gym—who I believe can inspire me to up my own game."; 2. "I admire rather than compare myself to others, and that helps in terms of making sure I don't just train hard, but also smart."; 3. "I have a workout buddy. He keeps me accountable and on track, while making each session varied and challenging."

When getting fit and healthy integrates into your lifestyle, you get on with it because you want to, not because you have to. "Personally, I work out because of the indescribable feeling of awesomeness I get afterwards. And of course, achieving a *Men's Health* cover-worthy body is an added bonus," he ends, laughing.

## TARGET EVERY ANGLE

**FOLLOW MAZDAK'S LEAD TO BUILD STRONG, CHISELLED ABS. PERFORM THIS ROUTINE AT LEAST FOUR TIMES PER WEEK. TAKE NO MORE THAN A MINUTE REST IN BETWEEN SETS.**



### 1/ Long-Arm Weighted Crunch

**A.** Lie on your back with your knees bent and your feet flat on the floor. Hold a light dumbbell in each hand and extend your arms straight back beyond your head.
**B.** Now crunch your rib cage toward your pelvis, keeping your shoulders still and your arms straight. Don't generate momentum with your arms. Do 10 reps for 4 sets.



### 2/ Medicine Ball Leg Drops

**A.** Lie faceup on the floor and squeeze a light medicine ball between your ankles. Keep your legs nearly straight and hold them directly above your hips.
**B.** Allow your legs to drop straight down as far as possible without touching the floor. In the same motion, return your legs to the starting position as fast as possible. That's 1 rep. Do 12 reps for 3 sets.



### 3/ Crunch/Side-Bend Combo

**A.** Lie on your back with your knees bent, feet on the floor and hands behind your ears. Curl up so your shoulder blades are off the floor.
**B.** Bend at the waist to your left, aiming your left armpit toward your left hip. Straighten, then bend to your right. That's 1 rep. Lower yourself to the starting position and repeat. Do 15 reps for 3 sets.





**TRANSFORM YOUR BODY FOREVER**

Want more? Get your copy of The *Men's Health* Big Book of 15-Minute Workout at leading bookstores nationwide and ***eshop.mongooseasia.com***


WORDS **JOHN NG** PHOTOGRAPH **CY WONG/REALPIXEL STUDIO**
ART DIRECTION **SHAHRUL HILAL** GROOMING **JOEY YAP**

CELEBRITY PERSONAL TRAINING™

# RESULTS HAPPEN EVERYDAY

#everydayIgetBETTER



CALL **1300 222 348**

CELEBRITY Fitness™



Hold the bottom of a lunge and then explode upward. Your muscle gains will jump as well.

# The Anarchy Workout

The *MH* Next Top Trainer wants to remake your body by breaking all the rules you think you know. Are you ready?

**IN 2014, *MEN'S HEALTH* US LAUNCHED A** search for the most talented, skilled, and inspiring fitness expert in the country. From a pool of hundreds, we chose eight finalists; they then went head-to-head in a series of tests of training know-how as they competed to become the first *Men's Health* Next Top Trainer.

The winner: Andy Speer, CSCS, co-owner of SoHo Strength Lab in New York City. To seal his victory, we asked him to design a new programme, one that'd yield benefits visible in the mirror *and* on the scale. You need just two dumbbells. The programme? The Anarchy Workout.

"My goal was to help men move more weight in the gym and create more power beyond it," says Speer. "To do that, I had to break many traditional training rules."

First rule to go: Cardio and strength training don't mix. Each Anarchy workout blends cardio, strength work, and calisthenics in heart-hammering intervals that take just 30 minutes. How effective are they? An Auburn University study found that such training can burn 16 calories a minute. "But it's not enough to just train hard," says Speer. "You have to train smarter."

Read on for five training secrets that set Anarchy apart. Each can help you reach your goals faster, but combined, as they are here, the results are amplified: "You can lose up to 8kgs in six weeks," says Speer. "You won't just be fitter; you'll sculpt a new you."

## Secret 1 / Be Progressive

Most training programmes increase only one variable—exercise time or difficulty—within a given workout. "In Anarchy, you increase both," says Speer. "So if you're doing 3 sets of a T-plank, you might start with a standard T-plank, then do a T-plank with rotation, and finish with a T-plank with rotation and leg lift." Each set also becomes progressively longer. "The payoff is an enhanced metabolic effect," says Speer. "And the mental challenge of constantly learning new skills doesn't leave room for boredom."

WORDS **TREVOR THEMELIS,CSCS** PHOTOGRAPHS **GUS VAN DER MOST**

REV UP YOUR EXERCISE AT WORK WITH REVIVE ISOTONIC

Revive® ISOTONIC DRINK

REVIVE ISOTONIC RECOMMENDS: Feeling stiff from sitting at your desk for the whole day? Stand up, take a deep breath and get a colleague to do jumping jacks with for 3 mins. You'll loosen up and burn 100 calories! Remember to rehydrate with Revive Isotonic to avoid muscle cramps.



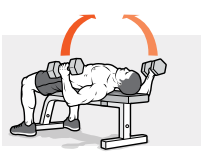




To build an athletic body, you need to exercise in multiple planes of motion.

## Secret 2/
## Do Compound Sets

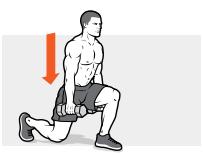
Most guys are familiar with supersets and tri sets, which combine exercises that hit noncompeting muscle groups (such as quads and pecs) in back-to-back sets. "The moves in compound sets target the same muscle from different angles," says Speer. "So you might pair lunges and squats, or two chest exercises." The goal is to increase the target muscle's time under tension without exhausting it. "The effect is twofold," says Speer. "You increase the growth stimulus and burn more calories."



**DO THIS** Perform 1 set of dumbbell chest flys followed immediately by 1 set of dumbbell bench presses (8 to 10 reps each) to complete 1 compound set. Rest for 60 seconds. Complete 3 compound sets for a serious upper-body pump.

## Secret 3/
## Press "Pause"

By themselves, isometric moves—which involve holding a position, like a plank—are powerful strength builders. "They're another way to increase stress on a muscle," says Speer. But isometrics become even more potent when integrated into a dynamic exercise—say, by holding the bottom of a jump lunge or jump squat and then performing several explosive reps. "It's called isodynamic training," says Speer. "By pre-fatiguing the muscle, you activate more type II fibres, which have the most growth potential."



**DO THIS** Holding dumbbells by your sides, assume a staggered stance. Lower your body into a split squat. Hold 20 seconds; then do 20 seconds of split jumps. Rest 40 seconds. Repeat, this time with your other leg forward. That's 1 cycle. Do 1 more.

## Secret 4/
## Hit the Floor

Consider your current workout plan. How often are you on all fours? "For most men, the answer is almost never," says Speer. "Very few men devote time to primal, quadruped movements like bear, crab and baby crawls." As a result, they're missing out on exercises that not only strengthen the shoulders and core but also boost coordination. "They force your body to synchronise muscles in ways most of us have forgotten," says Speer. "If you want to be more mobile and agile, you've got to start crawling."



**DO THIS** To perform a bear crawl, get on your hands and knees and lift your knees off the floor. Move your right hand and left foot forward; then repeat with your left hand and right foot. Crawl for 30 seconds; then rest for 30 seconds. Do this 2 more times.

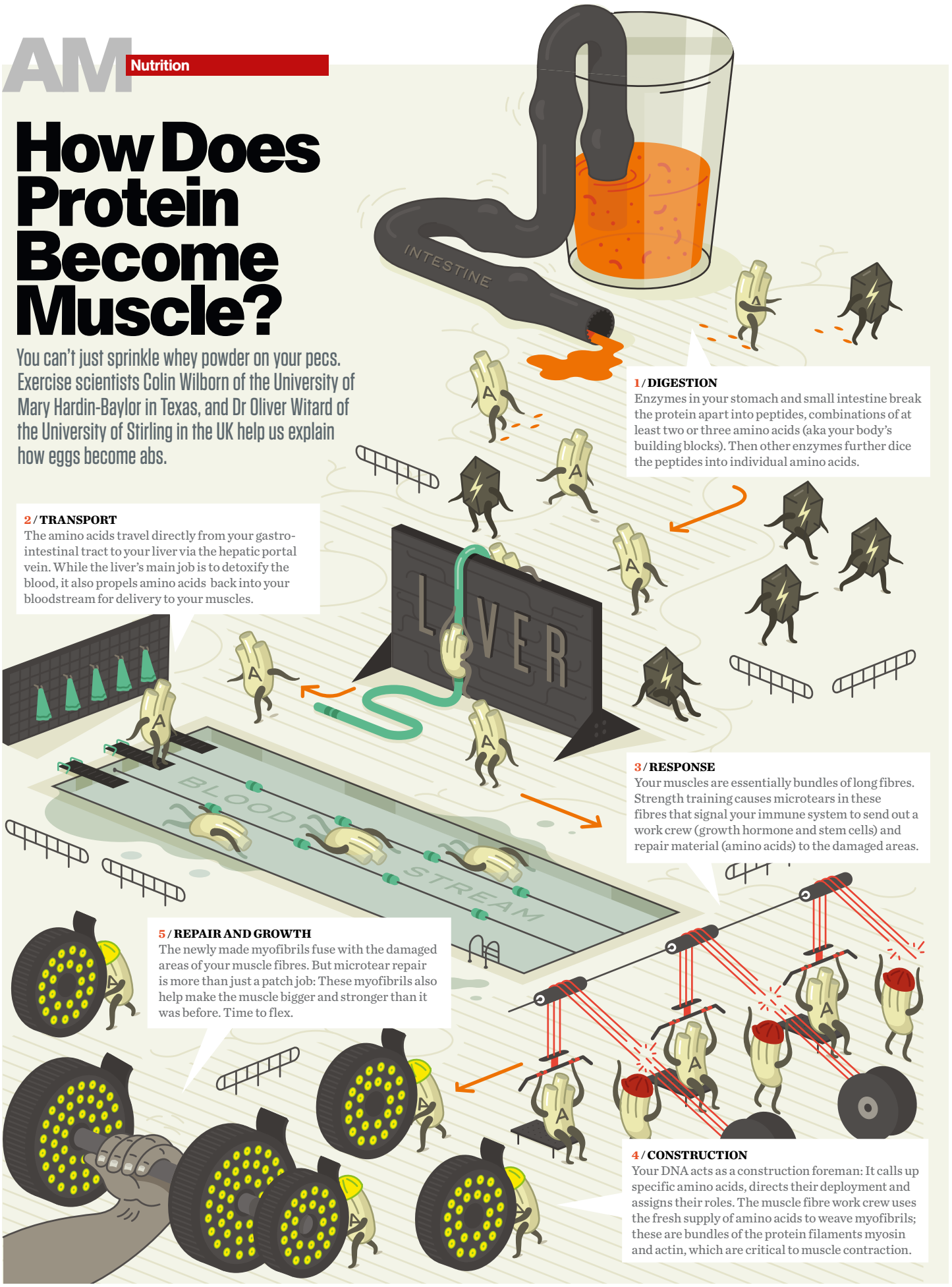
**Each Anarchy workout blends cardio, strength work and calisthenics in heart-hammering intervals...**

## Secret 5/
## Switch Directions

Every time you do a squat, bench press, row or other exercise with forward and backward movement, you're training in the sagittal plane. "And that's the only one most guys train in," says Speer. But there are two others—frontal (side-to-side) and transverse (rotational). "Exercising in all three by doing moves like the lateral lunge and rotational slam [shown above] will work your muscles from new angles," says Speer. "Plus, you'll boost your mobility and stability, which are critical for athleticism."

# How Does Protein Become Muscle?

You can't just sprinkle whey powder on your pecs. Exercise scientists Colin Wilborn of the University of Mary Hardin-Baylor in Texas, and Dr Oliver Witard of the University of Stirling in the UK help us explain how eggs become abs.




**1 / DIGESTION**
Enzymes in your stomach and small intestine break the protein apart into peptides, combinations of at least two or three amino acids (aka your body's building blocks). Then other enzymes further dice the peptides into individual amino acids.

**2 / TRANSPORT**
The amino acids travel directly from your gastro-intestinal tract to your liver via the hepatic portal vein. While the liver's main job is to detoxify the blood, it also propels amino acids back into your bloodstream for delivery to your muscles.

**3 / RESPONSE**
Your muscles are essentially bundles of long fibres. Strength training causes microtears in these fibres that signal your immune system to send out a work crew (growth hormone and stem cells) and repair material (amino acids) to the damaged areas.

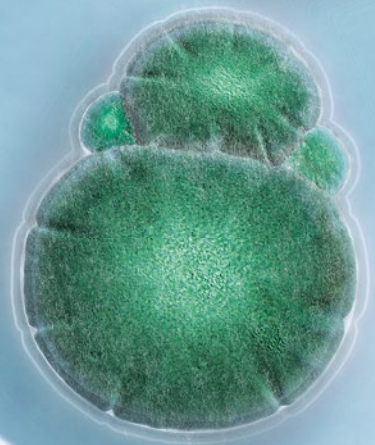
**4 / CONSTRUCTION**
Your DNA acts as a construction foreman: It calls up specific amino acids, directs their deployment and assigns their roles. The muscle fibre work crew uses the fresh supply of amino acids to weave myofibrils; these are bundles of the protein filaments myosin and actin, which are critical to muscle contraction.

**5 / REPAIR AND GROWTH**
The newly made myofibrils fuse with the damaged areas of your muscle fibres. But microtear repair is more than just a patch job: These myofibrils also help make the muscle bigger and stronger than it was before. Time to flex.

WORDS **K. ALEISHA FETTERS** ILLUSTRATION **MIKE MCQUADE**

# Athlete's Foot. Unfortunately, it's as bad as it looks.





## But now there's a cure.

Athlete's Foot is a skin infection caused by microscopic fungus. Easily picked up in warm, damp environments like changing rooms and gym showers, it feeds off your skin, leaving it sore, smelly and unsightly. But here's the good news – Canesten. It doesn't just relieve the itching, burning, flaking and cracking – it also does away with the fungus for good, so you'll not have to take another painful step. Visit your nearest pharmacy for Canesten.

K.K.I.I.U 0260/2015




BAYER

**Canesten®**

Trusted brand in eliminating fungal infection

# Find a Doc Who Reads Minds



**HERE'S A DEPRESSING FACT ABOUT DEPRESSION: MANY** primary-care physicians can't spot the problem in men, according to Dr William Pollack, an associate clinical professor of psychiatry at Harvard Medical School. They look for the same symptoms women exhibit—sadness, weepiness, fatigue—rather than male-specific signs like newly developed irritability, aggression, impulsiveness and obsession with work.

"The diagnostic system is outdated and many men with early signs of depression are missed," he says. That's why Pollack is developing new guidelines for docs, and why any guy who recognises the symptoms above should talk to a therapist.

## 1 Dismantle Your Explosive Anger

"With practice, you can fine-tune your ability to recognise the emotions behind anger—such as loss, sadness and pain. I ask myself, 'Why am I angry?' I might realise I feel disappointed about an event. Then I share the underlying feeling with a friend or my wife rather than barking angrily."

## 2 Understand Her Even Better

"If a woman says something that isn't making sense to you, don't just sit there in silence. Say, 'You lost me. Can you explain what you're thinking?' or 'I see that you're upset, but I don't understand which part is most upsetting. Do you want me to help fix it, or would you prefer that I just listen?'"

## 3 Be a Better Buddy (and Dad)

"New research shows that men want to talk more about their feelings, even painful ones. Concerned about a pal or family member? In a fun setting, say something like 'You seem tense lately. What's going on?' He may not open up right then, but he might later, after you've asked three or four times."

## 4 Meditate Without Using a Mantra

"Meditation is a great stress buster, but a lot of guys are put off by the concept. Try this instead: Sit in a quiet space for five minutes. Think of a fond memory—a childhood triumph or recent adventure—and replay it in your mind. Doing this once a day can yield benefits similar to those of meditation."

## 2-SECOND LIFESAVERS

**Protect Your Nuts**
If you peel the papery lining from pistachios before eating them, you're tossing out nutrients. New research from Tufts University shows that the skins of pistachios (and other nuts) are a rich source of phytonutrient antioxidants, including heart-healthy flavonoids.

Dr Jeffrey Blumberg, director, Antioxidants Research Laboratory, USDA Human Nutrition Research Center on Aging, Tufts University

**Watch the Fish Scale**
To realise the muscle-building benefits of protein, you need 25 to 30 grams per meal. But many seafood cuts are too small. Salmon, trout, tuna, and haddock contain about 6 grams of protein every 28.3 grams, so at the fish counter, ask for fillets that weigh at least 140 grams.

Dr Mike Roussell, nutritional consultant and founder of Naked Nutrition, LLC; author, *The Six Pillars of Nutrition*

**Jack Up Pushups**
Upgrade to pushup jacks: From the up position, hop your legs out to the sides—like a jumping jack—as you use your arms to lower your body. Then jump your feet back to the regular position while you push up. Too easy? Jump your arms out as well. The benefit: More muscle.

BJ Gaddour, CSCS, CEO of StreamFIT; author, *Your Body Is Your Barbell* (Rodale 2014); creator, *MH DeltaFIT Speed Shred*

ILLUSTRATIONS PAUL BLOW




Authorised Sole Distributor:
**Lifestyle Inspired Sdn Bhd** (830009-H)
M-1-17 Plaza Damas, 60 Jalan Sri Hartamas 1, Sri Hartamas, 50480 Kuala Lumpur, Malaysia
**SquattyPottyMY** **T** +603 6211 1585 **w** www.squattypotty.my **e** support@squattypotty.my

***Available at selected pharmacy and home concept stores.***

PATENTED DESIGN
★ ★ ★ ★ ★



# Moving Mountains

Refusing to surrender to fate, Zul dug in his heels and powered through the toughest time of his life.

**WHEN ZUL FIRST STARTED GAINING** weight, the only health concern he had was snoring, which became a running joke in his family. "My siblings used to mock me, asking if I was using 'NOS' when I was sleeping and how many horsepower that was," he shares.

Snoring, however, didn't seem much like a threat and so he did nothing to remedy the problem until it started affecting his sleep quality. A routine doctor's visit revealed the shocking truth; he was teetering on the edge of high blood pressure and on the verge of developing kidney failure as well as diabetes—the exact complications his late mother had suffered for many years.

Fearing he'd end up the same, Zul vowed to make changes to his lifestyle. When he first started out, he would wake up before sunrise and walk for 30 minutes to an hour every day. "I was embarrassed to be seen working out with my heavy physique. I'd go out right after morning prayers and head home before the streets started getting busy," he confesses.

Although he's an endomorph, he managed to lose a total of 13kg within the first year. Encouraged by the loss of excess weight and shrinking gut, Zul gradually added activities such as swimming and running to his routine; he even engaged a personal trainer to coach him at the gym for three months. To maximise his gains, he began paying closer attention to his diet and nutrition, "I bought a lot of fitness magazines for information and knowledge. I knew I needed to reach my goal." He adds, "Learning how to keep track of my macronutrients made the biggest difference."

Zul admits the process wasn't all a bed of roses. When his mother finally succumbed to the diseases, he was distraught. Losing the pillar of strength that kept him motivated during his struggle with getting healthy and into shape was a big blow, but still, the man forged on.

Fast forward to today, Zul has successfully gone from 38% to 18% body fat. He also dabbles in all kinds of physical sports including futsal, CrossFit, swimming, running, gymming and weightlifting. "I'm still improving myself. I want to be a motivation to others the way my mother was to me," he concludes.

## Workout Routine

**MONDAY:** Upper body workout (45min)

**TUESDAY:** CrossFit (40min), 3km run

**WEDNESDAY:** Rest/Swim (45 to 60min)

**THURSDAY:** Lower body workout (45min)

**FRIDAY:** Conditioning workout (light weight, body weight, basic Pilates, core strength etc)/2.4km run

**SATURDAY:** Rest

**SUNDAY:** Swim/2.4km run

**The workout routine changes every four weeks*

## Diet Regime

**BREAKFAST:** 1 half boiled egg, oats, green tea/Chinese tea, bananas/grapes

**A whey protein shake first thing in the morning on active days*

**MID-MORNING SNACK:** Fruits/Nuts

**LUNCH:** Brown rice (half fist) and broccoli/capsicum/beans sprouts soup, lean chicken breast/lean red meat

**MID-AFTERNOON SNACK:** Fruits/Amino acids drink

**DINNER:** Whole grain bread, half boiled eggs, fruits, sunflower seeds/wholegrain biscuits (before 7pm)

**SUPPER:** Whey protein/ Amino acids drink (half serving)

**His diet changes according to the intensity of the day's activities*



BEFORE: 128KG

AFTER: 95KG

**NAME:** MOHD ZULFADLI DAUD
**AGE:** 28
**HEIGHT:** 178CM
**TIME TO REACH GOAL:** 3 YEARS

WORDS **MIRA SOYZA** PHOTOGRAPH **HIZWAN HAMID**

Check out our website at **mens-health.com.my/insideout** for the latest event and promotion updates.

## Under Armour Arrives in Malaysia

Under Armour, the leading global developer and manufacturer for performance footwear and apparel, launched its very first Malaysian store at Suria KLCC. Under Armour offers a wide range of quality sporting apparel that features the newest UA technology. Among the men's collection are base layers, combine training, running, golf, men's training and footwear. Located on the third floor, the store spans over 2,400 square feet of retail space with wooden interiors, steel walls and bolts—elements that embody the brand's determination, passion and intensity whilst exuding an industrial and gym-like atmosphere to visitors. Among the Malaysian elites that front Under Armour are Kit Mah, Linora Low, Hansen Lee, Nicholas Fung, Airil Rizman Zahari, Nana Al Haleq and Peter Davis.

*www.underarmour.com.my*






## Calvin Klein Goes Platinum

Embrace the spirit of athleticism with the Calvin Klein Platinum collection, which features a great range of chiselled, classy looks with a touch of youthful fearlessness. The revamped and modernised street-inspired styles are created with inventive materials, combining futuristic textures on traditional fabrics such as cotton, silk and jersey. Look out for volumetric jackets, oversized jersey sweaters and three-button blazers with bold prints and patterns. Meanwhile, the extensive woven tees and shirts ensemble showcases fascinating shapes and intense layering.

*www.club21global/my*



## Casual Encounters with Armani Exchange

The new Armani Exchange collection is not just a picture of relaxation; it also helps you with easy dressing improvisation. Utilising a mix of graphic elements, washed out garments and new proportions, you can stay ahead of the trend with pieces from the latest collection such as ribbed cuffs and drawstrings convertible colourblocked overcoats, and nautical and varsity inspired silhouettes that are perfect for an on-the-go lifestyle.

*www.club21global/my*

# Look and Listen

It's a killer combination: Smartphones for vanity shots while travelling and audio wear for music on the go. Check out our gadget picks of the month.




## UP YOUR SELFIE GAME

Take better selfies. The Samsung Galaxy A5 and A3 smartphones feature an advanced 5MP front-facing camera with an innovative Wide Selfie mode. Measuring in at 6.7mm and 6.9mm each, both devices rely on Super AMOLED display and Adaptive Display technology so you don't lose out on picture quality or imagery—even under direct sunlight. The gadgets are complemented by a fast network speed of LTE Category 4 standard.
*www.samsung.com* ***RM1,199*** *(Samsung Galaxy A5) and* ***RM899*** *(Samsung Galaxy A3)*



## MAKE HEADS TURN

If you're after headphones that offer a touch of individuality, check out New York fashion house Proenza Schouler's latest collaboration with audio brand Master & Dynamic. Drawing inspiration from the classic MH40 overear headphones, the latest release employs timeless design and craftsmanship through forged aluminium, stainless steel and lamb skin leather. Its performance remains impressive too: Expect detailed sounds with fantastic bass that's complemented by a sonic depth, making for a crisp and clear listening experience. The headphones are available in three colours.
*eshop.club21global.com* ***RM2,377***



## GET PHYSICAL

Looking for earphones that let you go into 'beast mode' without a glitch? The Jabra Sport Rox Wireless might just allay your concerns when it comes to durability: Both sweat and storm proof, they also meet the requirements of the US Military rain, shock, sand and dust standards. Furthermore, they come with a selection of EarGels and EarWings so you can lock the buds in securely to focus on your workout. The earphones are complemented by the Jabra Sound app for full Dolby sound and music personalisation.
*www.jabra.com* ***RM469***




## ROVING EYES

Trying to snap up the ultimate selfie? Give the new HTC Desire EYE a chance. The smartphone comes with 13MP front and back cameras to ensure that you snap up great quality images from both directions every time. Each camera comes with its own LED flash, not to mention BSI sensors for low light photography. You can also edit images instantly through some of the device's nifty built-in selfie tools. Let's not forget the phone's front-facing stereo speakers and three mics for top notch audio and call clarity.
*www.htc.com* ***RM1,699***

WORDS **ANIS TAUFIK**

# What's That Noise?

Pay attention to that little whine and grunt, early detection can save you a fortune.

**MOST GUYS TREAT THEIR CARS LIKE A WIFE—** giving it female pronouns, showering her with accessories as gifts, taking her to nice places and turning a deaf ear to her nagging. And much like most relationships, the latter is usually the root of most problems. Sure, your car can't pack up and leave in a huff, but it surely can leave you stranded in the middle of nowhere, or worse. Identifying the early signs of faulty engines and parts can nip the problem in the bud and prevent costly, irreversible damage.

***The number of fatalities due to road accidents is predicted to go up to 8,760 this year and 10,716 in 2020.**

## GIVE YOUR CAR A SOUNDCHECK

**What kind of sound do you hear?**

**Hissing** A hissing noise like air or steam can be heard coming from the engine.

Do you notice a performance drop immediately after the noise begins?

YES

**Check For:**
(a) The cooling system. Your engine could be overheated.
(b) The vacuum system may have a leakage.
(c) The exhaust system and/or catalytic converter can be clogged.

NO

Do you hear the noise when applying brakes?

YES

Do you hear scraping or grinding sound?

YES

**Check For:**
Scraping is a sign that the brake pads are completely exhausted—it's the sound of bare metals rubbing.

NO

Does it sound like the wheels are squealing?

YES

**Check For:**
(a) Dirt on the brake rotors, pads or shoes.
(b) Wear and tear on brake pads.

NO

Does it get worse with acceleration or deceleration?

YES

**Check For:**
(a) Low power steering fluid or faulty power steering pump.
(b) Problems with the alternator bearings.
(c) Misaligned water pump drive pulley.
(e) Faulty air conditioning compressor.

NO

**Whirring** sound from the engine.

YES

**Check For:**
(a) Worn exhaust pipe or muffler.
(b) Cracked exhaust manifold.
(c) Loose brake pads.

NO

**Rattles** from beneath the vehicle.

YES

A brake caliper or other part is damaged, missing or improperly fixed.

NO

Do you hear a clunking sound?

YES

**Check For:**
(a) Damage in the exhaust system.
(b) Automatic car: Transmission issues that prevent the car from shifting gears.
(b) Manual transmission: A slipping clutch due to heavy usage of the car.

NO

Do you hear a roaring sound when you drive?

YES

**Check For:**
(a) Damage in the exhaust system.
(b) Automatic car: Transmission issues that prevent the car from shifting gears.
(b) Manual transmission: A slipping clutch due to heavy usage of the car.

NO

You're probably just hearing things.

***In 2012, Malaysian Institute of Road Safety Research (MIROS) reported 24, 439 cases of road casualty and 6,917 cases of road fatality.**

*Sources: *Malaysian Institute of Road Safety Research (MIROS); Journal of Mathematical Problems in Engineering Volume 2014; International Journal of Vehicle Noise and Vibration*

## Something Old, Something New

TOYOTA VIOS 2015

WORDS **MIRA SOYZA**

Enjoy superior quality and top-notch performance at a value for money price tag with the all-new third generation Toyota Vios. The Vios 1.5E and 1.5J variants feature the Smart Entry and Push Start system that allows all Vios owners to lock/unlock the doors without a remote control or a key to start the engine. This model has been bestowed with high quality design, ergonomic front and rear seats, and broad rear cabin to provide heavy users and long distance travellers with maximum comfort. *www.toyota.com.my*



# THE ART OF BODY SCULPTING

## Eliminate fat cells for good without damaging the skin or surrounding tissue with Zeltiq CoolSculpting®.



**DR LIM TING SONG, MD**
"The Sculptor", Dr Lim has been actively involved in body sculpting work in the past few years. Graduated from Tohoku University in Japan under the Japanese Government Monbusho Scholarship, he was trained and worked in both Japan and USA as medical physician before residing back to his home country, Malaysia. Dr Lim and his team in Clique Clinic has been working to sculpt the ideal body shape by introducing the multi-disciplinary approach, combining diet, exercises, medical and state-of-the-art technologies without needing to go under the knife.

### THE IDEAL MALE BODY

The fact is your appearance in most, if not all, society plays an important role in shaping your identity and social interaction. Adapting to this so-called ideal physique is not unlike receiving an all access pass to that particular society while at the same time signifying an acceptance of its values and norms. Arguably, this is a fairly recent phenomenon for the male population in comparison to their female counterparts. Of the many sociological assumptions as to why this is occurring, conflict theory seems to best fit the issue. It claims that the societal standards for women have progressed to the point where they can be just as successful and powerful, which unintentionally raised the bar for the standard man. In addition, the media suggests that to get ahead in society, men have to be successful and more attractive than the next because of competition. The ideal body shape can roughly be described as one that is lean and athletic. In other words, low in body fat percentage.

Today, a great look for the ideal male body is not defined by having a massive chest, big arms and chiselled abs. Spornosexuality denotes men who strive to look like sportsmen; they are leaner, buffer, more jacked, and more physically proportionate to his frame. Other tell-tale signs of the ideal male body shape include having broad shoulders and a V-shaped torso that sets the biological marker for masculinity.

### ACHIEVING THE IDEAL MALE BODY

To achieve the ideal male body, genetics will set you on a better start but it is not everything. The importance of diet and exercise can never be replaced by any cosmetic procedures. Controlling the amount of calories in your diet and taking care of what you put into your mouth plays a significant part. Choosing the right workout and muscle building regimen is also as important.

Unfortunately, exercise alone may not be sufficient in helping you get rid of stubborn fat (in areas such as the lower abdomen), spare tyres, muffin tops and love handles on the side, as well as the layer of fat that hides the rectus muscles from showcasing your six or eight pack.

Instead of liposuction, there is a much easier way. Zeltiq CoolSculpting® is a unique procedure that utilises controlled cooling technology to freeze and eliminate unwanted fat cells without surgery or downtime. Involving very specific and highly specialised body assessments, it reduces the number

of fat cells in the treated areas as opposed to minimising their size. The end result of this non-invasive procedure is to obtain "spot reduction", which cannot be achieved through diet and exercise alone.

## FAT REDUCTION AND WEIGHT LOSS

Before we drill into "spot reduction", we have to understand what fat reduction and weight loss is. And if you think weight loss and fat reduction are the same thing, then you've got another think coming.

When we lose weight, our fat cells become smaller, but the number of fat cells remains the same. When we gain weight, those fat cells become larger again.

The Zeltiq CoolSculpting® procedure actually reduces the number of fat cells in the treated areas. Obviously, fat cells that are no longer there can't get bigger.

And unlike weight loss surgery or other non-surgical weight loss programmes, results from the CoolSculpting procedure are lasting because once the fat cells are eliminated, they're gone for good.

By using Zeltiq CoolSculpting® it is now possible to target areas with stubborn fat that are resistant to diet and exercise, and achieve the ideal male body shape that everybody lusts for.

## Zeltiq CoolSculpting® effect



| BEFORE | 3 MONTHS AFTER | 4 MONTHS AFTER | 8 MONTHS AFTER |
|---|---|---|---|
| Upper abdomen 100cm | Upper abdomen 93cm | Upper abdomen 91cm | Upper abdomen 86cm |
| Lower abdomen 104cm | Lower abdomen 98cm | Lower abdomen 93cm | Lower abdomen 94cm |



**BEFORE**
Upper abdomen 101cm
Umbilical abdomen 112cm
Lower abdomen 107cm



**6 MONTHS AFTER**
Upper abdomen 99.5cm
Umbilical abdomen 106cm
Lower abdomen 104cm




coolsculpting®

### ZELTIQ COOLSCULPTING®

CoolSculpting's unique technology uses controlled cooling to freeze and eliminate unwanted fat cells without surgery or downtime. The procedure is FDA-cleared, safe and effective. The results are lasting and undeniable.

### PROVEN RESULTS WITHOUT SURGERY

Renowned Harvard University scientists, Dieter Manstein, MD and R. Rox Anderson, MD, observed that some children got dimples due to eating popsicles. The idea that cold can selectively affect and eliminate fat cells without damaging the skin or surrounding tissue was the insight behind Cryolipolysis®, the proven science on which the CoolSculpting procedure is based.

The CoolSculpting procedure is:

- FDA-cleared
- Non-surgical
- Safe and effective

clique CLINIC

Tel: 03 7960 1211 Email: care@cliqueclinic.com Website: www.cliqueclinic.com
www.cliqueaethetic.com Facebook: www.facebook.com/cliqueclinic

WATCH

# CHAPPIE

We enter the world as blank slates, brimming of potential. Like every child growing up, Chappie is tested and shaped by his surroundings. He navigates the intricacies of life using the dual compass of his heart and soul to find his way through the world, hoping to eventually become his own man. But Chappie's not like anyone you've ever met: He's a robot capable of experiencing genuine human emotion and thinking independently. Follow Chappie's adventures as he finds himself embroiled in a pitched battle to save himself—and his breed of artificial intelligence—from malevolent forces seeking to put an end to him. Directed by Neill Blomkamp, the film stars Sharlto Copley, Dev Patel, Sigourney Weaver and Hugh Jackman. *Chappie* premiers on March 5.

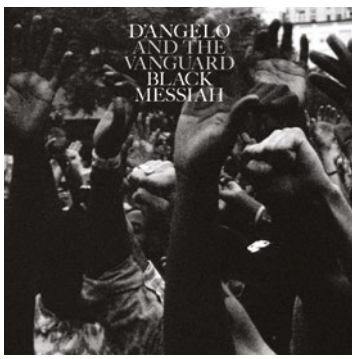



LISTEN




**MIKKY EKKO**
***TIME***
(SONY MUSIC)

Mikky Ekko received critical acclaim after being featured on Rihanna's 2013 single *Stay*, and he returns to the sound charts with his debut album *Time*. The 12-track album plays almost like a private journal lamenting the loss of love, sorrows of desperation and thrill that comes with intimacy. Ekko's observation of the human condition is vaguely reminiscent to that of Damien Rice, minus the latter's reliance on instrumentals. The album is laced with EDM-esque tracks and those that rely on traditional acoustics. Our favourite picks include the titular *Time* and *Mourning Doves*.




**D'ANGELO AND THE VANGUARD**
***BLACK MESSIAH***
(SONY MUSIC)

D'Angelo is back. The *Black Messiah* is the singer's first album after a 14-year hiatus, one that had fans waiting anxiously for the soul legend's return. The album charms without fail from the first listen. His innate command over soul and jazz flows seamlessly through all 12 tracks, possibly making him the icon that's been missing from today's black music. Songs like *Sugah Daddy, Really Love* and *Betray My Heart* don't just stand out—they offer you a welcome respite from all the pop on the radio. Was the *Black Messiah* worth the wait? Hell, yeah.

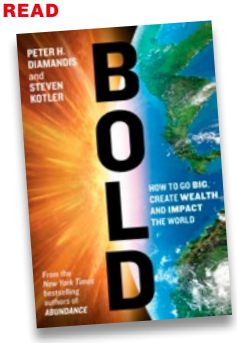



**MARK RANSON**
***UPTOWN SPECIAL***
(SONY MUSIC)

Mark Ranson's fourth studio album *Uptown Special* is a great way for you to get in touch with your inner 80s child and relive the wonders of yesteryear. Featuring collaborations with artists old and new (expect appearance by legends the likes of Stevie Wonder and Mystikal, and newcomer Keyone Starr) the album contains a host of upbeat tracks that are bound to get you up and grooving in no time. Some of the album's more memorable tracks include *Uptown Funk* (featuring Bruno Mars), *In Case of Fire* and *Leaving Los Feliz*.

According to a study by the *Scandinavian Journal of Medicine & Science in Sports*, tuning into music while working out can take your mind off the pain, helping to keep you motivated. Furthermore, music can help boost athletic performance by up to 15%.

READ




***Bold: How to Go Big, Create Wealth and Impact the World***

BY PETER H DIAMANDIS AND STEVEN KOTLER

The dynamic duo behind New York Times bestseller Abundance makes a comeback with *Bold*. This time around, Diamandis and Kotler investigate the speed at which market trends are evolving and the disrupting forces influencing them. Find out how Fortune 500 companies are impacted as these factors empower aspiring entrepreneurs to make the switch from "I've got an idea" to "I run a billion-dollar company". The book also discusses how technological innovations—3D printing, artificial intelligence and synthetic biology—are transforming the business sphere, not to mention how advancements in information technology through apps and sites like Uber and Airbnb are altering the way consumers and businesses interact. An insightful read, *Bold* serves as a great how-to guide for aspiring entrepreneurs to kick off startups and rake in the billions.

WORDS ANIS TAUFIK

BAD LAB

BRAVE AND DARING LABORATORY

# HATERS

## GONNA HATE

× THE ALL-NEW PERSONAL CARE RANGE FOR THE UNCONVENTIONAL MAN ×



CHRONODYN* CROTON LECHLERI DRAGON'S BLOOD* FLUIDIPURE™ 86* BLUE STONE LAPIS LAZULI* Silver citrate*

DISCOVER AND PURCHASE THE ENTIRE RANGE AT BADLABCO.COM

*Not all products contain these ingredients.

# Fashion Without Borders

From the valleys of Kathmandu to the rivers of Babylon, this wanderlust's guide to packing makes border-hopping as easy as possible.

**PACKING FOR A TRIP CAN BE BOTHERSOME. FROM THE RIGHT APPAREL TO** footwear, the biggest challenge is to refrain stuffing your entire wardrobe into the suitcase in fear of ending up without the appropriate outfit.

"It is best to travel with as little yet essential items as possible. Keep your selection versatile, personal, and easy to mix and match. If you anticipate a formal occasion, bring a suit. Otherwise, remember that less is always more," says fashion stylist Cris Yong.

### KEEP IT BASIC

A basic white or grey T-shirt is the first item you should bring with you. It matches with every colour and is flexible enough to be worn almost anywhere. Throw a jacket on to dress it up or down with a pair of denim shorts. And if you're crossing the border to a colder destination, Yong suggests layering it with a sweater to keep you warm.

### GO TO BED, BUS AND BEYOND

You don't have to make space for an article of clothing that you'll only wear to bed. Khaki shorts are comfortable in warm and hot climates, and can double as your jammies when it gets cold at night. Plus, the material is durable enough to withstand all the running, jostling and climbing you might be doing on the trip.

### EMBRACE YOUR BADASSERY

Biker jackets have the tendency to make you look like a badass—a stylish one, of course. With the exception of formal events, it is suitable for all occasions. Create layers underneath with a T-shirt or a sweater, depending on the temperature—especially when visiting a vast land with varied weather like India.

### PUT COMFORT FIRST

No doubt Converse fits easily into your carry-on bag. But make sure you also include a pair of boots. They are made to endure tough terrains come heat or hail.

### THINK KHAKI FOR VERSATILITY

Chino slacks are versatile and suitable for both formal and casual settings, as well as most weather conditions. Pair it with a simple white slim fit T-shirt for food hunting in the humid Thai markets; then board the plane to Taiwan during the chilly winter season without having to repack or change your clothes.




**BEN SHERMAN** T-shirt
*www.bensherman.com*
***RM149***



**MASSIMO DUTTI**
leather jacket
*www.rshlimited.com*
***RM1,499***



**TIMBERLAND** boots
*www.timberland.com.my*
***RM799***

WORDS **MIRA SOYZA**






**LA MARTINA** khaki pants
*valiram.com*
***RM849***

**DOCKERS** shorts
*www.dockers.com*
***RM118***

## 5 Tricks to Maximising Luggage Space by Bellroy's Brand Manager Lim Fei Xiang

**1.** Roll small items up and use them as the mortar to hold your big items in place.

**2.** Wear bulky items such as boots and jackets to cut down luggage weight.

**3.** Fill your shoes with belts, watches and socks for added storage.

**4.** Buy laptop chargers that slide straight into your power-pack to reduce bulk.

**5.** Transfer grooming products into smaller bottles. Otherwise purchase travel packs.

# NO TIME TO STOP BY THE GROOMERS? TAKE MATTERS INTO YOUR OWN HANDS AND GO FROM LOOKING LIKE CHEWBACCA TO AN ABERCROMBIE & FITCH MODEL IN JUST A FEW TRIMS, CLIPS AND SNIPS BEFORE YOU TAKE OFF.




## CHEST HAIR

**WHY** "Most guys remove their chest hair for hygiene and comfort purposes," says Micheas Chan, general manager of Spa Esprit Group. "It reduces the incidence of BO as it minimises the chance of sweat and bacteria getting trapped."

**WHERE** **STRIP: MINISTRY OF WAXING** *www.strip-my.com*

**DIY** If you like having chest hair, trim it to a neat, manageable length—otherwise, try waxing. Waxing removes the hair from the root, keeps your skin hair-free for a longer period of time and eliminates nicks and cuts. Start by prepping your pores with a warm shower. Thick hair should be thinned with clippers first. Apply some shaving oil to the skin to further moisturise and keep it supple before proceeding with the waxing.

**NAIR** wax strips *Available at major pharmacies nationwide*
***RM23.90***




## EYEBROWS

**WHY** As feminine as it may sound, a set of well-trimmed eyebrows helps enhance your features, especially the eyes. Being genetically made to have wild, wiry eyebrows is no excuse to let them roam free. "Having your eyebrows shaped can lift the eyes and give them a more youthful appearance," says Cathal Lenihan, brand manager of Truefitt & Hill.

**WHERE** **TRUEFITT & HILL** *www.truefittandhill.com.my*

**DIY** Eyebrows should be kept neat but they shouldn't match perfectly. Thick ones can make your eyes appear smaller, so start by removing strays that grow close to the eyelids with a pair of tweezers or a shaving blade. Comb the hair both up and downwards for trimming.

**GUARDIAN** tweezer *www.guardian.com.my* ***RM5.68***




## SIDEBURNS

**WHY** Sometimes your regular barber just doesn't get it right, leaving a few strands too long. "The sideburns need to be tidy as they can enhance your facial features," says Kevin Woo, founder of Centro Hair Saloon. "Get tips on how to trim them properly from your hairdresser before getting adventurous with the scissors."

**WHERE** **CENTRO HAIR SALON** *www.centrohairsalon.my*

**DIY** Comb the sideburns neatly, following the direction of growth, then trim them in a downward motion. Next, comb them forward and backward to snip off the strands that extend beyond the hairline. Use a trimmer to clean off the bottom border to your desired length.

**PHILIPS** trimmer *www.philips.com.my* ***RM299***

# In for the Ride

Malaysia's taxi service is undergoing a revolution, thanks to agents of change like MyTeksi. General manager Jaygan Fu shares his insight on tackling the industry and how you can add quality to the workforce.




**"THE TAXI INDUSTRY IN MALAYSIA** has a very bad reputation."

You probably don't need to see it in print to know it, but Jaygan Fu, general manager of MyTeksi Sdn Bhd, is describing the situation as it is. The notoriety is nothing new, however. Fu highlights that the state of the nation's taxi service has been covered on popular travel sites like TripAdvisor and cites a popular poll that rated Malaysia at number 23—the lowest score—when it came to cab service.

"With MyTeksi, we're doing our best to change the perception attached to the Malaysian taxi service." In line with their mission—and to ensure customer satisfaction whilst reducing the likelihood of errant drivers charging exorbitant rates—stringent procedures have been incorporated into the way they operate too. For example, drivers found guilty of ripping off passengers can be suspended for a week.

Fu talks about his management style by explaining that he values transparent communication. "A lot of my guys are in customer services and sales. They deal with drivers every day. I make it a point to gather their feedback. I take it very seriously and try to work new initiatives based on that. Without drivers, there'll be no MyTeksi."

Fu touches on the importance of not letting your ego go through your head, **"Never underestimate anyone. Treat everyone equally, not matter what his education level or social standing is. You never know, one day they might have the answer for your next growth pillar.** I'm always open and listen to whatever people have got to say." He reveals a benefit linked to engaging all parties in problem-solving measures: You instill a sense of accountability in staff members. **"They come to you with a problem and you coach them to solve it. It's very fulfilling to see it happen."**

According to Fu, challenging the status quo in the workforce makes room for growth—but be prepared to back yourself up with facts. "I like to see numbers. If we're to spend a million bucks, I'd like to know how much we're going to get back in return." Coming from an engineering and consulting background, he adds that you have a more convincing argument when you're supported by actual numbers and statistics.

Wondering what Fu's take on having a vision and setting goals is? Dream big—then double it. "I'd love for all my employees to think big. There are GEs and Accentures of the world, coming out with best practices. So why not MyTeksi? We're the most valuable startup in Southeast Asia." He elaborates that you shouldn't feel hindered to be a local entrepreneur or startup either, **"Think global, like we should be coming out in magazines and as case studies on how things can be done. This is a new business. We're pioneers of our field. Take the lead, guys."**

## EMBRACE INSTIGATORS OF GROWTH AND CHANGE.

### LEAD BY EXAMPLE

"I went to the Royal Military College and we lived by the motto 'Serve to Lead'. If you want someone to do something for you, you've got to be able to do it better than them—only then can you instruct someone to do it. In military school, if you want someone to do 20 pushups, you must be able to do 50."

### PLAY THE GAME OF LIFE

"Life is a gamble. If things don't go your way, learn from it. You might sulk for a while, but learn from the experience and don't repeat that mistake. Switching careers from consulting to MyTeksi was a big gamble—I went from dealing with CEOs to handling taxi drivers and customer complaints—but I don't regret it. I've grown a lot from this role."

### BRING POSITIVITY WITH YOU

"Creating value is very important. They can be tangible values like seeing your drivers earn more income and being able to afford better lifestyles. Or intangible ones, like the time comedian Harith Iskander posted a Tweet comparing MyTeksi to WhatsApp. Even within the organisation, I see my employees growing, be it with their business knowledge, attitude towards work or drive to succeed."

### KEEP AN EYE FOR DETAIL

"The devil is in the detail. You need to really think through the plan, the execution plan and the backup plan. Communication can be broken down into so many levels. Learn to interact with your audience because how you craft the message can impact results too. These are the things that you need to work on."

**WORDS** ANIS TAUFIK **PHOTOGRAPH** SHAHRUL HILAL

GoPro
Be a HERO.

INTRODUCING
# HERO4
BLACK + SILVER













## HERO4 BLACK
2x the performance, yet again.
Simply the best.



**2x THE PERFORMANCE**
Improved image quality. 2x more powerful processor. 2x faster video frame rates.[1]

**PROFESSIONAL VIDEO UP TO 4K30**
Ultra high-resolution, high frame rate 4K30, 2.7K50 and 1080p120 video.

| Video | Photo | Wireless | Waterproof |
|---|---|---|---|
| 4k30 / 1080p120 fps | 12MP / 30 fps Burst | Control. View. Share. | 131' (40m) |

## HERO4 SILVER
Pro-quality capture.
Touch-display convenience.



**BUILT-IN TOUCH DISPLAY**
Frame your shots. Easily adjust settings. Play back videos and photos.

**PROFESSIONAL VIDEO QUALITY**
Stunning 4K15, 2.7K30, 1440p48, 1080p60, 960p100 and 720p120 video.

| Video | Photo | Wireless | Waterproof |
|---|---|---|---|
| 4K15 fps / 1080p60 fps | 12MP / 30 fps Burst | Control. View. Share. | 131' (40m) |

## KEY HERO4 CAMERA FEATURES

**BUILT-IN WI-FI + BLUETOOTH®**
Enhanced connectivity to the GoPro App, Smart Remote (sold separately) and more.*

**PROTUNE™**
NOW FOR PHOTO + VIDEO
Cinema-quality capture and manual control of Color, ISO Limit, Exposure and more.

**NIGHT PHOTO + NIGHT LAPSE**
Customizable exposure settings up to 30 seconds for single and Time Lapse photos.

**SUPERVIEW™**
Captures the world's most immersive wide-angle fi eld of view.

**HILIGHT TAG**
Tag video highlights while recording for easy playback, editing and sharing.

**QUIKCAPTURE**
Power on and record automatically with the press of a single button.

**PROFESSIONAL AUDIO PERFORMANCE**
Powerful new audio system captures clean, high fidelity sound with nearly 2x the dynamic range.*

**AUTO LOW LIGHT**
Automatically adjusts frame rates for optimal low-light performance.

**Compared to the HERO3+ Black Edition.*

Exclusively distributed in Malaysia by: FunSportz where the fun starts
Email: info@funsportz.com.my
www.funsportz.com.my
Tel: +60-3-7733 8939




# 8 Steps to Slim

## Has your success gone to your gut? Here's how this *MH* US editor loses 30 pounds in 6 months.

**BRIAN BOYÉ WAS TOO GOOD AT HIS JOB.** On the outside, everything looked sharp. As executive fashion director for *Men's Health* US, he knew how to camouflage his excess pounds. "I wore sweaters and loose clothing," he says. "I untucked my shirts when I wore blazers, and I chose colours and patterns, like black and vertical stripes, that helped me look lean." But nothing could hide the lethargy he was feeling inside.

Brian's problems had begun two years earlier, in 2012, after a health crisis landed him in the emergency room. "I was sure I was having a heart attack," he says. He wasn't; in fact, tests revealed that his coronary artery was spasming, a serious but treatable condition called Prinzmetal's angina. "It really freaked me out," Brian says. "I started spending more time on the couch and binge-watching *Top Chef, The Amazing Race,* and *Orange Is the New Black*."

Around the same time, his workout buddy moved to Bangkok, and with him went Brian's motivation to exercise. For two years he made excuses. He was too busy to hit the gym, too rushed to eat well and too immersed in his job to care. But that changed in April 2014, when he stepped on a scale during a visit to his cardiologist's office. "I was 30 pounds overweight," Brian says. In an instant, he became a statistic—one of 69% of Americans who are overweight or obese—and found himself at risk for a range of new health problems, such as coronary artery disease and type 2 diabetes.

"It was brutal," Brian says. "I felt embarrassed and ashamed." For the first time in two years, he also felt motivated. It took six months, but he lost the weight, put on muscle, and became a man he was proud to face in the mirror. Here's how he did it—and how you can too—by the numbers.

### 1

**Number of scales Brian bought to track his weight**

People who weigh themselves often are more successful at dropping pounds, according to a study in *PLOS One*. And recording your weight can help you be more mindful of what you eat and drink, says Dr David Katz, a *Men's Health* US weight-loss adviser. Brian keeps a log on his refrigerator.

WORDS **BEN COURT** PHOTOGRAPHS **AARON RICHTER**

## 45

**Duration of Brian's spin classes, in minutes**

"A friend suggested that I try SoulCycle," Brian says. Now he goes twice a week in addition to cycling outdoors with friends on weekends. "That camaraderie is hugely beneficial to weight loss," says BJ Gaddour, CSCS, creator of *Men's Health* US StreamFIT. "The more social you make fitness, the more likely you are to be consistent."

## 60

**Duration of his boot camp sessions, in minutes**

Military-style workout classes, like Barry's Bootcamp (which Brian attends twice a week), focus on intense total-body intervals. "Combining resistance and cardio continues to be the gold standard for lasting fat loss," says Dr Katz. Plus, group training inspires plenty of friendly competition, so members always give their all.

## 14

**Number of days it took him to drop the final 10 pounds**

Brian followed a clean-eating diet created by Burn & Build Body in Manhattan. He restricted his carbohydrates and calories; emphasised fruits, vegetables, and fish; and drank a pea-protein smoothie daily in place of a meal. "Being overweight is like wearing a weight vest," says Gaddour. "Lose the vest, and you'll feel like a new man."

## 12

**Number of miles Brian runs every week**

"I always listen to music when I do cardio—it makes the miles go by faster," Brian says. It also helps him push harder. "Music not only moves the soul but also lowers your perceived rate of exertion," says Gaddour. The key, he adds, is to play tunes that inspire you. "The right song can give you a burst of adrenaline when you need it most."

## 90

**Percentage of weeknights he cooks at home**

On the rare occasions when Brian does eat at catered events (which he attends almost every evening), he fills up on vegetables and protein and skips the sauces and rolls. "Eating out can take away dietary control," says Dr Katz. "So it's important to have an eating strategy or to make sure you have food waiting for you at home."

## 500

**Volume of his daily meal-replacement shake (in ml)**

"I combine apple, kale, spinach, ginger and lemon," Brian says. The nutrients and fibre curb hunger for hours. "Calorie-controlled replacement shakes are a time-tested way to lose weight," says Dr Mike Roussell, author of *The Six Pillars of Nutrition*. "They also cushion you against those times when you have less control over what you eat."



# INSIDER TRAINING

By David Jack



David Jack is the owner of ActivLab in Phoenix.

**Should I be lifting to failure every time?**

-WALT

Much like your car, your body will break down if you redline it too often. When you lift to failure during every exercise (as many guys tend to do), you increase not only your risk of injury but also your production of stress hormones and the time you'll need for recovery. Instead, schedule an occasional "reach day" or "reach week" when you lift to failure. Otherwise, leave a rep or two in the bank during each set. That way you can maximise your gains without overtraining your muscles.

**What should I do on the days I don't have time for the gym?**

-DERRICK

Do two- to three-minute blocks of body-weight exercises throughout the day. This is called chain training and the activity doesn't have to be strenuous; low to moderate intensity is the key. You can focus on a single move, like a lunge to high-knee or a deep squat, or combine a few moves in a mini-circuit. Individual activity blocks might not feel that taxing, but the cumulative effect—busting stress, torching calories, and boosting mobility—can be profound.



Intense, total-body moves, such as rope waves, build muscle and fry fat.

# A SLIMMING COMBINATION

TORCH FAT FAST WITH THIS 3-MOVE SEQUENCE.

**PART 1** PUSHUP AND ROW

Grab a pair of dumbbells and assume a pushup position. Keeping your elbows tucked, lower your chest until it's a few inches from the floor. Push up. Row one dumbbell and then the other to the side of your chest. That's 1 rep.

**PART 2** T-PUSHUP

Lower your chest again. As you push up, raise the weight in your right hand toward the ceiling and rotate your torso so your body forms a T. Lower the weight and repeat, this time raising the one in your left hand. That's 1 rep.

**PART 3** MOUNTAIN CLIMBER

Lift your right foot and bring your knee as close to your chest as you can. Touch the floor with your toes; return to the starting position. Repeat with your left leg. Alternate quickly for 5 seconds. That's 1 rep. —BJ GADDOUR, CSCS

**DIRECTIONS**

Do 1 rep of each move to complete 1 complex. Don't pause between moves; each one starts in a pushup position so you can segue immediately into the next move. Do up to 10 complexes total (no rest) once or twice a week during a normal workout.

# THE NEW INSANITY WORKOUT

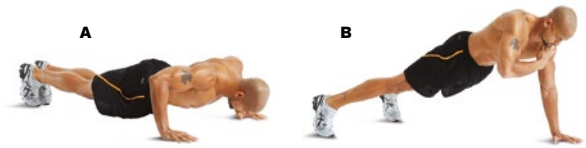
**Shaun T wants to kick your ass. Survive 30 minutes with him, and watch your fat melt away.**



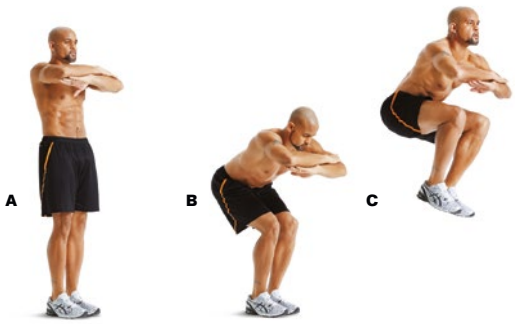
**WARNING: THE FOLLOWING WORKOUT MAY CAUSE EXTREME SWEATING,** uncontrollable grunting, and intense muscle burn. Repeated exposure can result in rapid fat loss, accelerated muscle growth, and a daily workout obsession. "There's only one word to describe it: Insane," says trainer Shaun T, who designed the workout based on the principles of his new fitness DVD, Insanity Max:30. "I took the same exercise volume I had in the original Insanity program and condensed it," he says. "Instead of going for 45 to 60 minutes, you'll be done in 30 or less—but they'll be the toughest 30 minutes you've ever done." The key to the program's effectiveness is a Tabata-style high-intensity interval training (HIIT) protocol involving short periods of lung-busting work alternated with even shorter periods of rest. "It's all about going as hard as you can until you need a break, such as modifying an exercise to make it easier or pausing to catch your breath," says Shaun. "Mark down when that happens—each workout is a test—and every week you'll see yourself getting stronger, leaner, and fitter."

**DIRECTIONS** Do the workout three times a week for 30 days with at least 24 hours of rest between sessions. Do 4 sets of each move in the order shown. For each set, go hard for 20 seconds and rest for 10 seconds. Rest 30 seconds between rounds.

## ROUND NO. 1



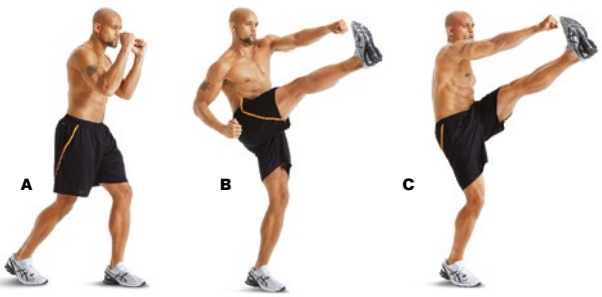

**Pushup Jack with Shoulder Tap**
Assume a plank position and lower your chest until it nearly touches the floor [A]. Push up explosively, spreading your feet and touching your left shoulder with your right hand [B]. Lower and repeat, this time touching your right shoulder with your left hand. Continue alternating.




**Genie Tuck Jump**
Stand tall with one forearm stacked on top of the other in front of your chest [A]. Push your hips back and bend your knees in preparation to jump [B]. Spring off the floor, jumping as high as you can while tucking your knees toward your chest [C]. Land softly and repeat.



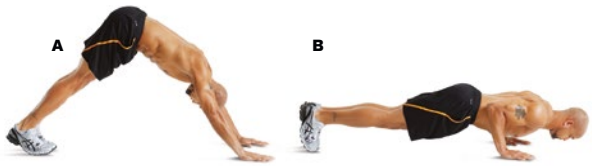

**Punching Abs**
Sit with your butt and heels on the floor, knees bent and torso at a 45-degree angle. Clench your hands, bringing your right fist to your side and extending your left fist in front of you [A]. Now punch forward with your right fist and pull your left fist to your side [B]. Continue alternating.



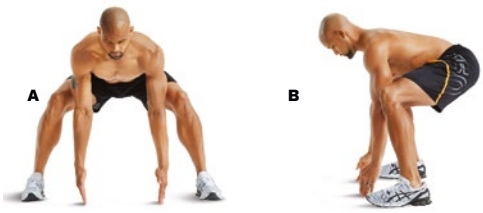

**Switch Kick Punch**
Assume a fighter's stance with your left foot forward [A]. Kick with your right leg and punch with your left fist [B]. Switch legs and arms, jump kicking with your left leg and punching with your right fist [C]. Continue alternating without returning to the starting position.

WORDS **TREVOR THIEME** PHOTOGRAPHS **BETH BISCHOFF**

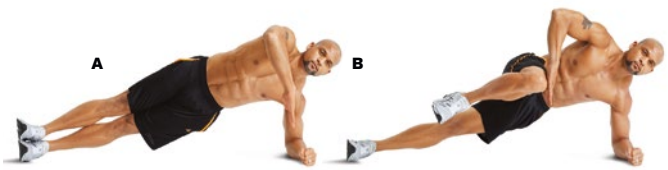
# ROUND NO. 2



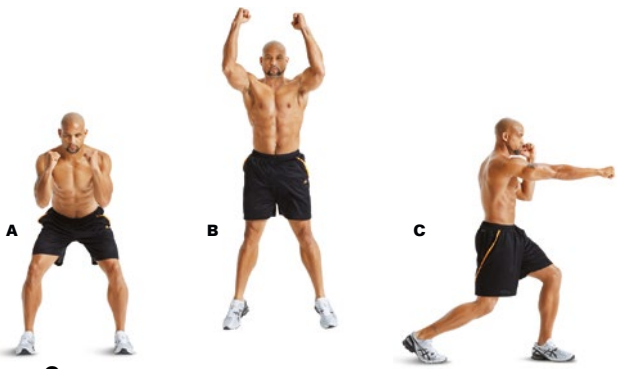

**Dive Pushup**
Assume a plank position and raise your hips so your body forms an upside-down V [A]. Drop your hips and simultaneously pull your body forward, lowering your torso until your chest is a few inches from the floor [B]. Reverse the move to return to the starting position. Repeat.




**360 Squat**
Stand with your feet beyond shoulder width. Bend your knees, push your hips back, and reach your arms between your legs, touching the floor with your fingertips [A]. Hop and turn 90 degrees to your right [B]. Continue to hop in place clockwise. Change direction each set.

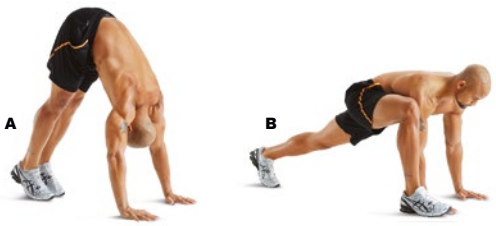



**Oblique Knee Tap**
Assume a side-plank position with your weight on your left forearm, your body straight and your right hand in front of your chest, palm facing your feet [A]. Touch your right knee to your right hand [B]. Return to the starting position and repeat. Switch sides each round.

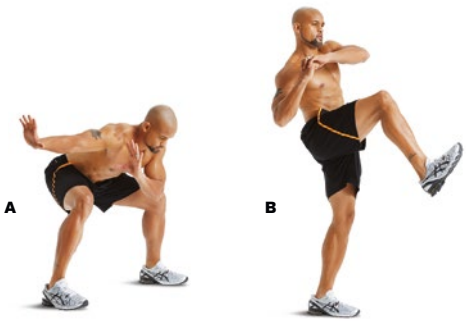



**Jump Cross**
Assume a quarter-squat position with your feet shoulder-width apart, hands clenched and fists in front of you [A]. Spring off the floor [B]. When you land, immediately pivot left and throw a punch [C]. Reset and repeat, this time punching to your right. Continue alternating.

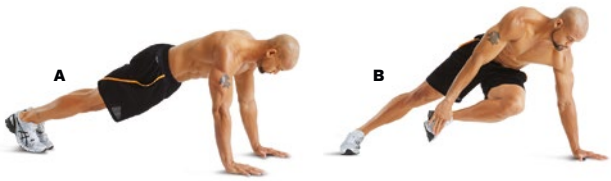
# ROUND NO. 3



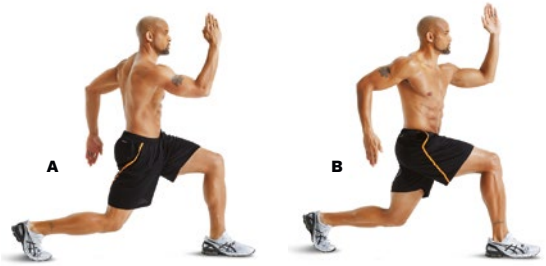

**Pike-Up Spider Lunge**
Assume a plank position and raise your hips so your body forms an upside-down V [A]. Step forward with your right foot, bringing it next to your right hand [B]. Return to the starting position and repeat, this time bringing your left foot next to your left hand. Continue alternating.




**Ab Attack**
From a standing position, jump your feet apart and drop into a squat, reaching right [A]. Explode up, shifting your weight to your left leg and raising your right knee [B]. Repeat, this time reaching left, shifting your weight to your right leg, and raising your left knee. Continue alternating.




**Alternating Toe Tap**
Assume a plank position with your feet together, arms straight and hands positioned below but slightly wider than your shoulders [A]. Touch your left foot to your right hand [B]. Repeat, this time touching your right foot to your left hand. Continue alternating.




**Low Split Lunge**
Assume a staggered stance with your left foot forward and both knees bent nearly 90 degrees. Raise your right arm in front of you and move your left arm behind you [A]. Hop just high enough to quickly switch leg and arm positions [B]. Continue alternating.



# The 14 Best Ways to Eat an Egg

## You know they're nutritious. Now make them even more delicious.

**WHEN I WAS A KID IN THE 1970s, EGGS WERE CONDEMNED** because they contained cholesterol. They were land mines studding the path to health. Eggs caused heart attacks and misery. But somehow I never got the message. When I was 10, I discovered that a frittata was a simple, delicious after-school meal. And unlike those Pop-Tarts I'd been scarfing, the frittata made me feel good. We now know that eggs aren't evil. In fact, they contain everything required to sustain life. They're crammed with amino acids and vitamins. But we eat them the same boring ways. Time to scramble your routine.

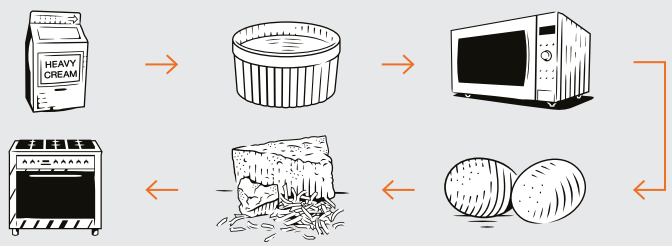
WORDS **MICHAEL RUHLMAN** PHOTOGRAPHS **SAM KAPLAN** ILLUSTRATIONS **LUCA YETY BATTAGLIA**

## 01 Poached in Tomato Sauce



When making a spaghetti sauce like Bolognese, crack some eggs (1 for each serving) into the simmering sauce and cover the pan with a lid. When the whites are set but the yolks are still runny, top each person's plate of pasta with some sauce and an egg, and serve.

## 02 SHIRRED (IN OTHER WORDS, BAKED)




**Put 1 Tbsp cream or butter in a ramekin and nuke for 30 seconds. Crack in 2 eggs, grate some fresh Parmigiano-Reggiano on top, and bake at 162°C until the whites set, about 15 minutes. Vary the dish by adding other ingredients, such as cooked bacon or sausage, shredded cheddar, wilted spinach, and/or roasted red peppers.**

## 03

**IN A FRIED-EGG SANDWICH**
Melt butter in a medium-hot pan. Add 2 eggs, yolks broken. Cook until the whites set, 1 minute. Flip; cook 30 seconds. Eat on white bread with mayo.

## 04

**HARD-BOILED, STRAIGHT UP**
Add a layer of eggs to a pot. Cover with water. Boil, turn off the heat, and cover. Wait 15 minutes. Plunge eggs into an ice bath. Peel. Salt. Eat.

## 05

**AGGRESSIVELY FRIED**
In a stainless-steel pan, heat ¼ inch oil on high. When it smokes, add 2 eggs. Cover; cook till the edges crisp. Serve on open-faced ham and cheese.

## 06 In the Best Egg Salad



CHOP 3 OR 4 HARD-BOILED EGGS / ADD MAYO, SOME CHOPPED CELERY, MINCED RED ONION, AND 1 TBSP CHOPPED TARRAGON / SERVE ON LETTUCE WITH A TOASTED BAGUETTE. **CHANGEUP:** SWAP THE TARRAGON FOR 1 TSP CURRY POWDER AND A PINCH OF CAYENNE.

## 07 For Dessert, as Custard



ADD 2 EGGS TO A MEASURING CUP. NOTE THE VOLUME / ADD AN EQUAL AMOUNT OF HALF-AND-HALF / ADD ¼ TSP VANILLA, ½ TBSP SUGAR AND A PINCH OF SALT / BLEND / DIVIDE BETWEEN 2 RAMEKINS, COVER WITH FOIL AND STEAM UNTIL FIRM, 15 MINUTES / EAT WARM.

FOOD STYLING **BRETT KURZWEIL/ART DEPARTMENT**, PROP STYLING **ANGELA CAMPOS/STOCKLAND MARTEL**. PORTRAIT ILLUSTRATION **JIM WINTERS**

## 08 For Hair on Your Chest



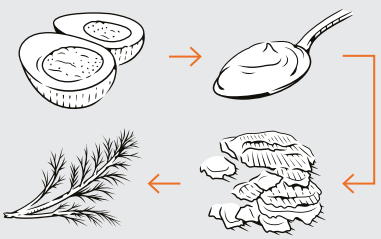
TO MAKE AN INCREDIBLE WHISKEY SOUR, COMBINE 4 EGG WHITES IN A BLENDER ALONG WITH 240ML OF BOURBON OR RYE, 4 TBSP OF LEMON JUICE, 1 TBSP OF LIME JUICE, AND 4 TBSP OF SIMPLE SYRUP / BLEND UNTIL FROTHY / SERVE THE COCKTAIL OVER ICE.

## 09 Frittata, Any Way You Wish



PREHEAT THE BROILER / IN AN OVEN-SAFE NONSTICK PAN, COOK YOUR ADD-INS (POTATOES, CHORIZO, SPINACH) UNTIL DONE / ADD WHISKED EGGS (2 PER PERSON) / BROIL UNTIL THE TOP SETS, 2 TO 3 MINUTES / UPEND ONTO A CUTTING BOARD, SLICE, AND SERVE WITH AVOCADO.

## 10 LAZY MAN'S DEVILED EGGS



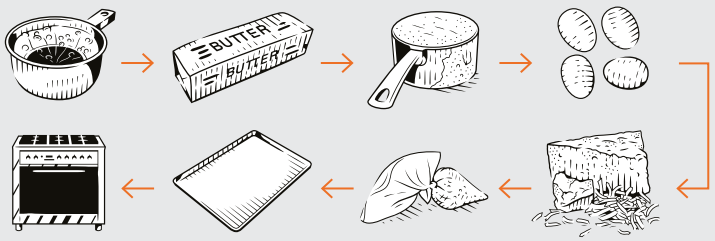
**Halve a hard-boiled egg (see #4) and then top the halves with sour cream, smoked salmon, and dill. Or try mayo, mustard, and ground cayenne for a combo with heat.**

Consuming undercooked eggs (with unset yolks or whites) may increase your risk of foodborne illness.



**OUR EXPERT** Michael Ruhlman is the author of many cookbooks, including *Egg*. His go-to tip: "Eggs always need to be seasoned with salt, don't forget. And most times pepper is a good idea."

## 11 AS EGGY CHEESE PUFFS




**In a pot, boil 1 cup of lightly salted water and 1 stick of butter. Drop heat to medium, add 1 cup of flour and mix until pastelike. Remove from heat and beat in 4 eggs, one at a time. Stir in a little grated Gruyère. Add to a zip-top bag, snip off a corner, and pipe portions onto a baking sheet. Bake at 204°C until puffed, 30 to 40 minutes.**

## 12 Perfectly Poached



Bring a pan of water to a boil and turn the heat to low. Carefully crack an egg into a slotted spoon to let some of the white drain. Lower the egg into the water. When the white sets, 2 to 3 minutes, the egg is done. Add to chicken noodle soup, Caesar salad, or roasted asparagus.

## 13 REALLY EASY FRESH PASTA

Combine eggs and flour (2 eggs per cup). Knead your dough until smooth and then roll it out thin. Cut it into strips and boil them in salted water.

## 14 SCRAMBLED IN THAT FRESH PASTA

Mix 2 egg yolks and 2 Tbsp of half-and-half. In a pan, cook 2 chopped bacon strips. Remove it from the heat, add the hot pasta, and toss with the egg.

Check out our website at **mens-health.com.my/insideout** for the latest event and promotion updates.




## Strength in Time with Bell & Ross

Looking for a sporty watch that symbolises strength, masculinity and power? The Bell & Ross BR-X1 is a robust yet sophisticated high-tech chronograph with athletic elements. The high-resistance timepiece showcases a 45mm case made of grade five titanium designed to shield the edges like an armour while minimising rough handling and hard impacts. Utilising durable materials like ceramic and rubber, the watch is not just light, but virtually scratch-proof.
*www.bellross.com*



## Onyx on the Wrist

The Onyx UP24 Band by Jawbone helps you keep track and integrate fitness into your lifestyle. Strap it onto your wrist and it'll help monitor your health day and night, wherever you go. Its wireless syncing feature—the Bluetooth Smart—keeps you connected with your friends and family so you can reach your goals together. Utilising minimal design, the band is also water-resistant, allowing you to partake in any water sports activity and measure the calories burned at the same time.
*www.zalora.com.my*

## Luminox's Elemental Resistance

The singer Sia got it right when she penned *Titanium*—the metal is prized for its lightness and bulletproof qualities. The Luminox Pilot Professional Titanium Analog Digital is almost entirely constructed of titanium, making it durable enough to be taken to space and back. Meanwhile, its dial utilises highly-resistant carbon-fibre that's commonly used for the body of spacecrafts. The timepiece is also fitted with a sturdy black leather strap, further enhancing its masculine appearance.
*www.crystaltime.com.my*







## Treknology 3's Malaysian Megastore

Head's up, cycling enthusiasts! Treknology 3 recently opened its very first Malaysian megastore in Kota Damansara. The outlet offers bicycles for every age group, budget and intensity levels, as well as customised bicycle fitting and bicycle maintenance, making it a one-stop centre for your cycling needs. Jens Voigt, Trek's very own "Ambassador of Awesome", was also present at the store's opening ceremony. Voigt is renowned for breaking the UCI hour record by cycling 51.110km in an hour in September 2014.
*www.treknology3.com*



# What is (or isn't) in Your Juice?

**Fruit drink companies aren't always 100% straightforward about what their products really contain—or don't contain. So we turned to some top nutritionists for the juicy truth.**

**DRINK THIS IN: THE EMERGENCE OF** a more health-conscious consumer is driving up consumption in the juice market in Malaysia. But be careful: "There's some real manipulation of product labels in the juice industry," says Dr Jill Maher, a professor of marketing at Robert Morris University in Pittsburgh. In short, some claims on juices just don't hold water. Here's how to start your day off smarter.

## Photos Can Fool You

**WHY THE LABEL LIES** If the packaging shows pictures of pomegranates, berries and other "superfruits," take a closer look. Sure, these fruits are inside the bottle—but maybe not in the amounts you think. Many beverages that trumpet exotic fruits are cut with less-expensive juices, such as white grape, apple or pear. In fact, Coca-Cola is fighting a suit (brought by Pom Wonderful) because its Minute Maid brand "pomegranate blueberry" drink had only 0.3% and 0.2% of those two juices.

**DO THIS** Make sure that the fruit juice you really want is as high on the ingredient list as possible—ideally first. And scan through the language on the label for phrases such as "flavoured with," which may indicate low levels of the advertised fruits.

## Add-Ins Don't Always Add Up

**WHY THE LABEL LIES** Bottles bearing "antioxidant vitamins A, C and E" or "fibre rich" may include those nutrients—sort of. Juice manufacturers can add these individual nutrients during processing, says Dr Jairam Vanamala, an associate professor of food science at Penn State. Although doctoring the drink may give it specific health-enhancing properties, the benefits aren't as comprehensive as the gut- or heart-health perks provided by whole fruits and vegetables, says Vanamala.

**DO THIS** Pump up the pulp. "High-pulp juices have more nutrients than no-pulp juices do," says Vanamala. The pulp is rich in both antioxidants and pectin, a fibre that helps cultivate good gut bacteria, he says.

WORDS **JULIE STEWART** PHOTOGRAPHS **SAM KAPLAN** PROP STYLING **ANGELA CAMPOS/STOCKLAND MARTEL. DREAMSTIME** (COTTAGE CHEESE). ICONS **HUBERT TERESZKIEWICZ; MIKE MCQUADE** (ILLUSTRATION)



# MAKE YOUR OWN DAMN ORANGE JUICE

FOR REAL FRESH FLAVOUR, SQUEEZE JUICE YOURSELF, WITH HELP FROM USDA HORTICULTURIST DR ELIZABETH BALDWIN.

## You Don't Get the Whole Truth

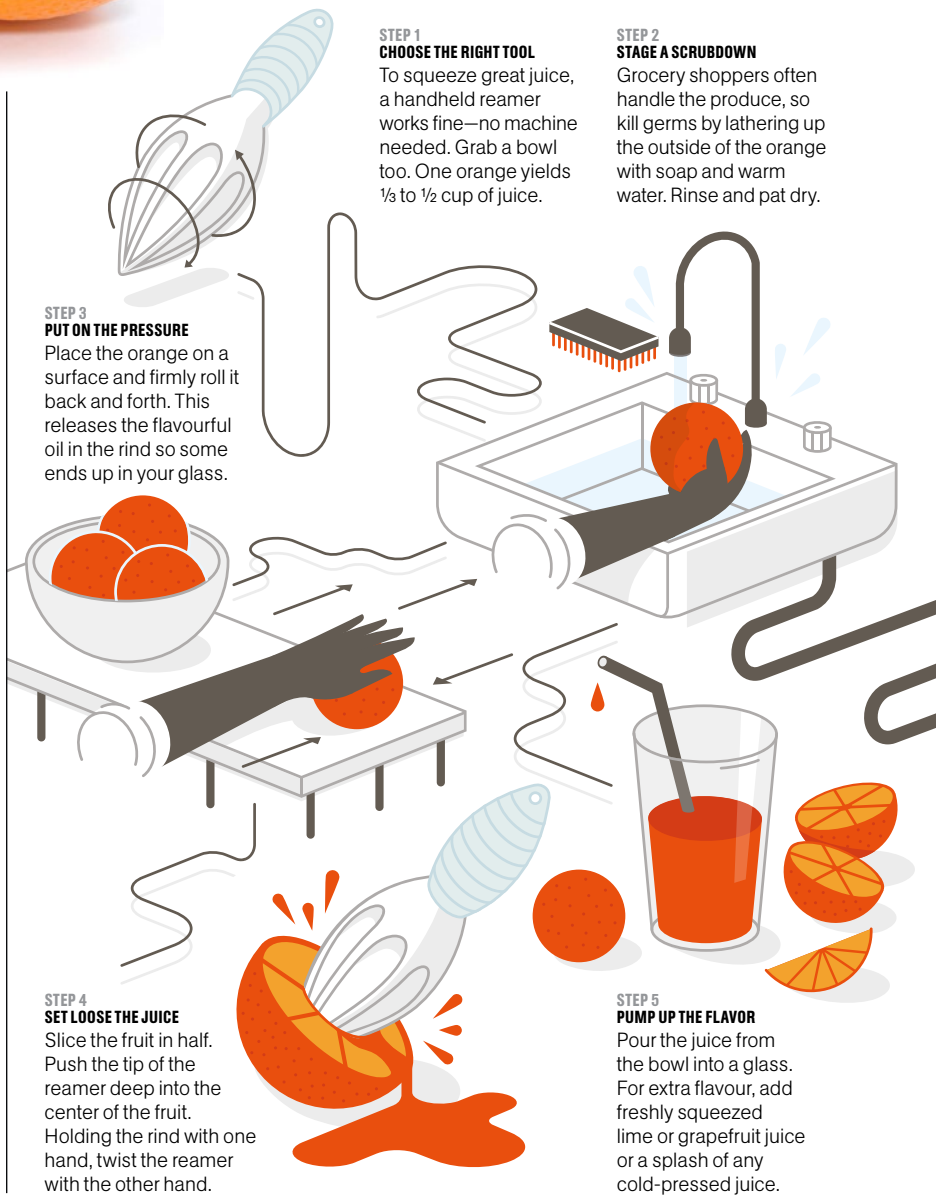
**WHY THE LABEL LIES** See that graphic on the packaging that touts "27 blueberries, 3¼ apples, and 1 banana in each bottle"? Well, "they're not taking so many blueberries and apples, pressing them together, and making a juice," says Dr Ron Wrolstad, a professor of food science at Oregon State University. Instead, the manufacturers blend juices from concentrates—and then estimate the fruit equivalencies. Also, the "whole fruit" language may lead you to believe the juice is fresher than it really is.

**DO THIS** Drink one of these bottled juices if you're in a rush. But it's better to pulverise whole fruits into a smoothie. Processing strips out some fibre and antioxidants. With a DIY shake, you're glugging more of both.

## High Heat Can Hurt

**WHY THE LABEL LIES** Think of the term "pasteurised" as "de-nutritionised." See, pasteurisation heats juice at high temps to extend its shelf life. (Once pasteurised, OJ can sit in vats for up to eight months before it hits the store.) But some anti-inflammatory compounds in citrus juice can degrade or evaporate when exposed to high heat, says Vanamala. Plus, heat reduces amounts of d-limonene, the compound in OJ that imparts fresh flavour.

**DO THIS** Buy "cold pressed" juices. In a 2011 *Food Chemistry* study, cold-pressed apple juice had nearly eight times the vitamin C of pasteurised juice. Get them in small quantities and drink within a day or two to avoid spoilage.



STEP 1
**CHOOSE THE RIGHT TOOL**
To squeeze great juice, a handheld reamer works fine—no machine needed. Grab a bowl too. One orange yields ⅓ to ½ cup of juice.

STEP 2
**STAGE A SCRUBDOWN**
Grocery shoppers often handle the produce, so kill germs by lathering up the outside of the orange with soap and warm water. Rinse and pat dry.

STEP 3
**PUT ON THE PRESSURE**
Place the orange on a surface and firmly roll it back and forth. This releases the flavourful oil in the rind so some ends up in your glass.

STEP 4
**SET LOOSE THE JUICE**
Slice the fruit in half. Push the tip of the reamer deep into the center of the fruit. Holding the rind with one hand, twist the reamer with the other hand.

STEP 5
**PUMP UP THE FLAVOR**
Pour the juice from the bowl into a glass. For extra flavour, add freshly squeezed lime or grapefruit juice or a splash of any cold-pressed juice.



THE BURNING QUESTION

## CAN I MAKE COTTAGE CHEESE TASTE GOOD?

"Don't diss cottage cheese: The 1% low-fat variety has 28 grams of protein per cup and a light, tangy taste that goes well with a variety of foods. Stir 2 tablespoons of pureed cottage cheese into a bowl of butternut squash soup for a creamier texture. Or make a game-day dip by mixing 1 pint cottage cheese, ¼ cup ketchup, 2 tablespoons diced shallots and a splash of hot sauce. Add freshly ground black pepper to taste. Cottage cheese can make a great dessert ingredient too: Puree some with a little sour cream until smooth. Drizzle the sauce over fruit or angel food cake and top everything with grated dark chocolate and espresso beans. Are you hungry now?"
*—Sue Conley, cofounder and owner of Cowgirl Creamery, San Francisco*




WORDS **PETER MOORE** PHOTOGRAPHS **TRAVIS RATHBONE** PROP STYLING **MEGUMI EMOTO/ANDERSONHOPKINS**

# 6 Essential Trips of a Man's Life

**You can't escape death. But you can escape everything else with the right vacation, at the right time.**

**I WAS 24 YEARS OLD WHEN I LOST MY FIRST** real job. I had zero savings, and my unemployment benefits ran out quickly, so I did something practical: I booked a flight to Nairobi. Three weeks after my arrival in Africa, I climbed to the edge of a volcano that had just erupted near the Congo-Rwanda border and urinated into a lava flow. Turns out, it was kind of like pissing into the wind. The yellow stream instantly vaporised and covered me in a pee soup fog. My companions unzipped as well, and soon we were all convulsed in laughter about a piss none of us would ever forget.

I would go on to find other jobs, but I never did piss quite like that again. Travel upends the ordinary; it forges bonds. It's an enabler of boundary-breaking sex, but it also brings on other sorts of climaxes. On another trip, backpacking in the Colorado Rockies, my friends and I burst out on top of a ridge across the valley from Vail and were treated with a spectacular view of the jagged peaks of the Gore Range; we dubbed it the "Gore-gasm." And it was an epic one.

Travel memories are my most precious possessions. No, I can't store them in a bank account. But I am the sum of my travels, and my balance sheet is overflowing. I've had great work experiences too, but none of them compares with watching hippos make hippo love in a muddy stream that ran past my tent in Kenya.

These kinds of experiences not only make me rich spiritually but also provide me with a form of health insurance, says Dr Jim Petrick, a professor in Texas A&M's department of recreation, park and tourism sciences. "Science shows us that travel brings enormous benefits—in relationships, in education, for your health," he told me. "Doctors ought to prescribe it."

No need to risk a co-pay on that one. You can fill your travel prescription on your own, and it'll be the best medicine you ever take. So keep reading: These six adventures can define your life and even have the potential to make you a better man. So make plans to fill up your life with them. Otherwise you might just piss it away.

## 1/ The Gasoline Getaway

Before there's a woman in your life, there's usually a car. And there are those so-called friends of yours. Neither will be in it with you for the long haul, but both might survive a road trip you'll remember fondly, after bigger commitments and car payments take over. When you're with a lover, Petrick observes, you're often being someone you're not. Not so with your pals. "You can fart more and burp more," he says, and those are only two benefits. The prime one: You can be your true self, Petrick says. It's the ultimate freedom. And this might be your last chance to enjoy it fully before weighty responsibilities dominate. That's why that beater car will remain your favourite, and maybe you'll look up those guys again 20 years later and retrace your early wanderings, turn by carefree turn, to figure out where the road got all forked up after you returned home.

**RELIVE THE RUSH** It's never too late to hit the road. Four pals driving in four-hour shifts around the clock can leave Kuala Lumpur Friday night and have Sunday dinner in Krabi, Thailand, a destination with miles of spectacular coastline.

## 2/ The Sexcation

It could be the sex talking, or she might be an actual keeper. You won't really know, will you, until you bust that relationship out on the road? "Research has shown that couples report having more sex and better sex while on vacation than in their everday lives," Petrick says. Plus, a relationship road trip is kind of a mini-marriage, pitting the two of you against the world. It'll reveal what you really want to know about her: If you have to spend the night in the car, can she deal? When you watch the sun rise gorgeously over Frenchman Bay from the summit of Cadillac Mountain, does she swoon with Down East delight? In other words, is she able to take the successes as well as the failures in stride? If so, then maybe you two can copilot more than a car. If not, hey, at least there was the vacation sex. In the tent. In the rain. (She *will* sleep in a tent, right?)

**MAKE IT COUNT** Set the GPS for her hometown, then yours. Swim in the pool where she was a lifeguard; hike to the hilltop where you made out with your first girl. That's how you merge story lines while collaborating on your own.



PHOTOGRAPH **DREAMSTIME**



## 3/ The Foreign-Capital Freak-Out

When I told Petrick about my fondness for flying to unfamiliar cities and eating weird food, he offered an explanation: "You're an allocentric traveller, in it for the novelty and risk." This past summer I combined both on the same plate in Nice, France, where I consumed raw beef with a raw egg cracked on top of it. (Take that, FDA warnings!) Tantalising oddities are available in any world capital, from a language you don't speak to a metro system that delivers you where you don't want to go. According to a review in *Trends in Cognitive Sciences*, this is exactly the kind of exploration that may serve as a buffer against age-related brain shrinkage and cognitive decline. So by being stupid overseas, you could return home with a younger brain.

**TALK THE TALK** Prepare for your trip by listening to a language-learning CD. If you can communicate with the locals in their language—even badly!—you'll inherit a fund of goodwill. That's especially true in Italy, because no one ever studies Italian. A grateful Italian is like a godfather who never asks to be repaid.

## 4/ The Gathering

It's just you and your wife now. Or you and your second wife. Or you and no wife. Or you and your boyfriend, because hey—turns out you're gay. In any case, your kids, now married with their own nuclear families, don't visit you as much as you'd like. Spend their inheritance (if any) on a beach house in Kitty Hawk, or on a multifamily site in that big KOA near Lake Tahoe. Book it in February for the following July; then casually mention that you've got the place for a couple of weeks and everybody is invited, free of charge. "Having that whole group together is a real opportunity to access different parts of yourself," says psychologist Dr David Hauser of the Family Institute at Northwestern University. All the better if you have siblings you can stand. They knew you during all your life phases, notes Hauser, so they can help you make sense of the current one. Consider it beach-house therapy. Cheap!

**RENT A MANSION** Just enter your location on Airbnb's site and select "entire place." You'll see lots of spacious options for any price range; plus, you'll feel like part of a neighbourhood.

## 5/ The Adrenaline Shot

Ordinary life can crush your balls. The answer: Just add adrenaline and an exotic locale. Oh, and the risk of bodily harm. "Without risk, you can't move forward," says Richard Bangs, cofounder of Mountain Travel Sobek. "It's where all sorts of new ideas and new concepts and discoveries take place." Nepal is one faraway option—it's about as wild and beautiful and fantastical a place as can be imagined, both in landscape and philosophy. But so is a hunt-and-kill mission to Idaho. Or that Appalachian Trail trip you're not fit enough to do right now but could be in a couple of months. You can become a man again by pursuing an adventure that would have thrilled you as a boy.

**CALL THE WILD** When you approach old friends about taking an adventure, 99% of them will tell you they're too busy at work, or their knee hurts, or they coach their kid's soccer team and can't possibly get away. But the 1% who do embrace such challenges will probably outlive those 99 percenters, so you'll be set with travel companions for the rest of your long life. Find those guys.

## 6/ The Reset-Button Journey

You may not have realised it when you were 24, but life is long and you'll go through many stages and phases. After one of them ends abruptly with divorce, unemployment, a health crisis, or maybe even the death of somebody close, it's time to explore what Petrick calls your "existential authenticity." Have you been contorting yourself into some artificial posture—the dutiful employee, the devoted spouse—for decades at a time? Wouldn't it feel good to assume your natural shape for once? Travel is the ultimate mold breaker: You'll never again see the people you meet, so you can be anybody you choose—even the real you, if that's not too scary. This kind of getaway can clarify which roles fit and which ones drive you nuts.

**TRAVEL WITH PURPOSE** If you're feeling sorry for yourself, book an escape that includes a healthy shot of grunt labour. A site such as *gviusa.com* or *elevatedestinations.com* will serve up trips that kick you out of your head and into your body. Work on behalf of people, wilderness, or a cause. Of course, the main beneficiary will be you. —ADDITIONAL RESEARCH BY AMBER BRENZA

# MAINTAIN YOUR TRAVEL BUZZ

JUST HOW LONG WILL YOUR POST-TRIP HIGH LAST? THAT DEPENDS ON HOW YOU HANDLE YOURSELF BACK HOME.



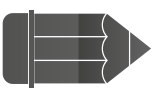
### SHARE MEMORIES

Most people won't be able to relate to that extraordinary adventure you had, Harvard researchers say, so try to do your reminiscing with people who were there with you or who have had a similar travel experience.



### KEEP ON CHILLIN'

Don't let the stress kick right back in: People who slipped relaxation time into their schedules back at home were more likely to extend their post-travel brain boost for up to a month, a study of teachers in Germany found.



### START PLANNING THE NEXT ONE

The biggest travel-related happiness boost comes not during the trip but in the weeks and months leading up to it, according to Dutch research. Anticipation, it seems, is a powerful driver of feel-good emotions.

# A New Letter To Men From 1000 Women

Three years ago we published an intimate note from womankind, disclosing their thoughts, desires and peeves concerning you. Much has changed since then, so we asked a thousand women to update us. The result? A candid memo from them to you.



Don't let your relationship get lost in translation

**WORDS** 1000 WOMEN **PHOTOGRAPHS** INMAGINE

**DEAR YOU.**

It's been a while since we last wrote. Soz. We've been busy 'Leaning In', right-swiping and watching *Game of Thrones*. But we're here now, and we need to talk.

Let's start at the shallow end. You won't be surprised to learn that looks are still important to us, but please shy away from size *purely* for size's sake. We've noticed guys are getting bigger and bigger. And bigger. The truth is, it's getting slightly out of hand. We prefer broad to bulk, a man who is comfortable in his own skin over one who is hulking out of it **(1)**. As with other parts of your anatomy which we'll get to later (why always the rush?), it's not just what you've got, but how what you've got makes us feel as women. We'll take a powerful chest and well groomed face over boy-band abs and Chris Hoy thighs. The ass just isn't as important for us as it once was, either. No self-respecting woman has said "he's got such a cute bum" since 1999 **(2)**.

No. While we admit we'd prefer you were in better shape than us, the line between vanity and self-improvement is one we'd urge you to tread carefully. Take your grooming rituals. Things have changed, we get it. All the stuff we've been using to make ourselves look better, younger, less haggard or more toned, is now available to you—usually in some 'manly' slate grey packaging. Knock yourselves out! We've been cheating for years, there's no reason you shouldn't. But there is a line, and know this: Getting your crack waxed is crossing it. There's no surer way to kill a woman's libido than have her walk in on you, pinkie-finger delicately cocked in the air, using *her* tweezers to shape *your* eyebrows. Oh, and only footballers and strippers shave their chests and use fake tan **(3)**. Just. Say. No. Think Ryan Gosling over Cristiano Ronaldo.

Don't smoke. No woman wants a man who tastes like the '70s. If you want to be edgy, get a tattoo **(4)**. They're surprisingly sexy, less dangerous than a motorbike and cost less than hair transplants. Did we mention Ryan Gosling?

The thing is, as much as we want you to look good, and we do, we also want you to be men. We're not saying don't manscape—a man who doesn't trim his short and curlies clearly doesn't understand the rewards that await him if he does—but we don't want a hairless, perma-tanned man-foetus making us breakfast in the morning. Beards and facial hair are manly and make us feel smoother and more delicate in comparison. They remind us in the best way possible of the differences between men and women. We like that we have more products than you and that you'll probably never understand what serum is. Don't fret over your mono-brow; we're more likely to judge your terrible 'bants' on Twitter than an out-of-place follicle on your face **(5)**. Work on the things that make you look like men. It makes us feel more like women.

We know size is important to you (we told you we'd get to it), though what we still can't figure out is why. Size only matters if it's part of a package. This isn't school. You don't get points for just showing up and whacking out your pencil case. Sex isn't about numbers. *Of course* it helps. But a woman only comments on size if it's gargantuan or microscopic. The package is about technique. Phrase of the day chaps:

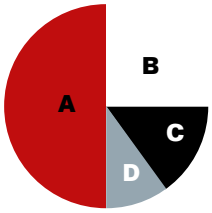
## (1)

### WHICH OF THESE MEN'S BODIES DO YOU THINK IS MOST ATTRACTIVE?

Cristiano Ronaldo – 12%
Hugh Jackman – 30%
Dwayne 'The Rock' Johnson – 5%
Ryan Gosling – **53%**

## (2)

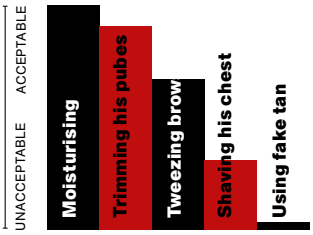
### WHAT'S THE SEXIEST PART OF HIS BODY?




A – Chest
B – Bum
C – Stomach
D – Penis

## (3)

### WHICH OF THE FOLLOWING GROOMING RITUALS WOULD YOU NOT MIND A MAN DOING?




## (4)

### A MAN WITH TATTOOS IS...

Unattractive – 33%
Sexy – **67%**

Throw down. Take charge, at least the first few times. Your confidence gives us confidence. And believe us—you *really* want to find out what happens when we feel awesome about ourselves in bed.

Unfortunately for you, that doesn't mean you can seduce us into hopping into bed with our best female friend, however many times you've pictured it. We've seen *Wild Things* too, it was hot. But it was also a film. We're not saying hide that side of your fantasy life from us. But just as we're not basing our sexual expectations around the Milk Tray man, we'd suggest you don't go all *Vicky Cristina Barcelona* on us.

Don't get us wrong, with 3nder and Facebook Graphs about to change things once again, girl-on-girl will be on the menu more often, but most women still prefer sex without the element of competition. The risk of feeling bad about ourselves in the most intimate sphere of our lives is just too much. The idea that you might like her more or, at the very least, think she has a nicer bum/tum/rack than us holds us back. Be sensitive to our insecurities. Think of it as flattering that we don't like to share. And just a word on bondage. Yes, most of us do like it. EL James didn't invent the spank paddle. *All Fifty Shades* did was bring it to your attention. So yes, it's amazing when a couple can indulge in those things together, but when you first meet a woman, throw down is about using your own prowess. Not relying on props.

Also, not liking it, or just wanting to have pretty awesome sex *without* a BDSM contract, paddle or latex whip does *not* make us 'vanilla'. That goes for you too. No pressure. If we like a bit of light spanking or roleplay and you've made us feel able to express ourselves in your sexual domain, you'll find out in due course.

That is if you haven't already asked us over Snapchat. We're receiving a lot more *private*-selfies than we care even to admit. You're all doing it, and we don't love it. Yes, some of us respond, but the conversion rate from penis-pic to hook-up is almost as low as Brooks Newmark's opinion poll rating. No-one wants to be the next J-Law, or find our intimates posted on *ratemyexgf.com*. Or worse. Plus, we women are twice as likely to show our mates the photos you send us than vice versa. Bear that in mind before working on your angles.

If by some fluke you've sent a woman a X-rate shot in courtship (Tip: Flowers are still preferable), and then slept with her, it is almost certainly 100% nothing to do with that picture **(6)**. She has slept with you *in spite* of the fact you've gone all Dirty Den on her. You obviously have enough good humour, chat, moves (and throw down) to have won her over.

That's assuming you're sending them to us... Digital infidelity is a whole new snake's pit of problems even we're not sure how to negotiate. But it comes down to this: you know, just as we know, when you're overstepping the mark. Yes, the waters are muddier in the technosphere, but flirty work emails and sexts count as cheating just as much as kissing **(7)**. Of course we're going to kick off if we find out you've got a secret Tinder profile. No, it doesn't matter if you've never acted on it. Even if it's just words. Remember those are the same words that helped woo us in the first place. Merely being present on those platforms is like saying, "I'm just not quite sure about you." And if that's the case, we'd really rather you said it to our faces. It's a lot less painful in the long run. Technology isn't going anywhere. We all need to start being a bit more honest about this stuff.

While we're being honest, let's talk about that awkward money subject. Most of us are OK if our partner earns more than us **(8)**. That isn't to say most of us wouldn't burn our La Perlas to *finally* be paid the same amount as guys for doing the same jobs, but we (grudgingly) accept that until that point, you might bring home a slab more bacon—but that doesn't necessarily mean you get to make all the decisions on how we, as a couple, eat it. Two people in the 21st century can be truly equal, even if one happens to be in a higher tax bracket.

We know that sometimes, earning the lion's share of the household cash can mean a bum deal. We know there's a lot of pressure on you and that we're asking to have our cake, eat it and then offer you the crumbs. But although we relish the freedom that being a woman in 2015 affords, tradition still has a place. Being progressive doesn't necessarily mean we don't want men to be the 'protector'. Being progressive means we feel more comfortable telling you that, in fact, we'd like you to be exactly that.

It's for that reason that chivalry is still a Very Good Thing. Holding doors open and paying for dinner the first time you take us out are no-brainers, and we love them, but true chivalry runs far deeper. Walking us to our train station, getting us a taxi, putting your hand on the small of our back as you lead us out of the room, "taking one for the team"—be that walking on the traffic side on a busy street, or planning for your financial future in the way you know we've been doing for years—these are all acts of chivalry. Ones that in no way impinge on our desire for equality. We know. It's hard. We're still figuring it out too.

The best thing about modern men? You cook! If Ramsay wasn't so craggy and Jamie wasn't so busy, we'd definitely swipe right. For us, you knowing your way around a chicken isn't just about the "well, that's one meal I don't have to cook" factor. It shows us you have respect for your body and what you put into it; that you have interests beyond work, the pub and the gym. That you have patience and passion. OK, it's sexy. We said it. It's a way of wooing us (sorry to go all 1953 on you) that has *nothing* to do with words. Cooking is to us what dancing was to our mums. Except instead of walking across a room to ask to dance, you've traipsed across a supermarket to pick up ingredients. Either way, it shows you care. And that's what really matters.

Just one *tiny* thing... maybe try and expand the culinary repertoire? We love your chilli con carne as much as the next girl, but we've had it seven times now. No woman can live on cow alone.

The bottom line is, we're good together, you men and us women. With mutual respect, mutual interest and a lot of fun, we can get on just fine. More than fine. Swimmingly. And if nothing else, please remember this: No more wet towels on the bed please. We *really* hate that. ■



## (5)

### WHAT WOULD PUT YOU OFF A MAN MORE?

His dodgy dress sense – 34%
His dodgy social media profile– **66%**

## (6)

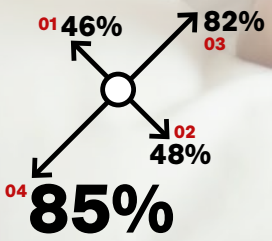
### DID RECEIVING A XXX-SHOT MAKE YOU WANT TO SLEEP WITH THE GUY WHO SENT IT?

Yes, we hooked up – 36%
No, it looked like an angry bald ferret – **64%**

## (7)

### WHICH OF THE FOLLOWING COUNTS AS CHEATING?

01 Flirty work emails
02 Having a Tinder account
03 Sexting
04 Kissing




## (8)

### HONESTLY, WOULD YOU BE HAPPY IF HE EARNED MORE THAN YOU?

No – 9%
Yes – **91%**

**"The best thing about modern men? You cook! If Ramsay wasn't so craggy and Jamie wasn't so busy, we'd definitely swipe right."**

**Dirty emails to flirty females: you can cheat without cheating**



WORDS & PHOTOGRAPHS **STEVE THOMAS**



# Trail Running Master Class

**Catalan mountain runner Kilian Jornet is a living legend, and is widely considered to be the world's finest endurance athlete. Here, he steps up and leads us along the rocky trail.**

**THE MOST APPROPRIATE DESCRIPTION OF KILIAN JORNET** is that he is the man who put the "cool" into trail running. Growing up on the slopes of the Spanish Pyrenees, he has been at one with the rugged mountains ever since he could walk, summiting his first 3,000-metre peak at the age of three.

When it comes to mountain sports, this man has talent to burn. During his illustrious career, he has won the most famous foot race in Malaysia—the Mount Kinabalu Climbathon—on numerous occasions. He also has accomplished more success in the wild than almost any other athletes. From skyrunning world titles to epic multi-day trans mountain range and summit records to a string of ski mountaineering achievements, he's done the lot.

To see him dancing with the rocks is a site to behold: He is born to run, or at least, to run wild. We catch up with this superpower mountain goat of a man to learn more about his approaches to those epic trail challenges.




**Kilian Jornet is making every step counts.**

**KILIAN JORNET ON...**

## TRAINING

"I don't really plan my training. Over the years, I've learned to base everything on my feelings and knowledge of myself. I train hard and I rest when my body demands it.

"My mid-season training varies, depending on how I feel. But on average, I do between 20 and 35 hours of high-intensity training each week. I usually do this in two daily sessions, which can be anywhere from two to seven hours each session. During the competitive season, 80% is off-road run while 20% is on-road cycle."

## CLIMBING

"I must admit that I'm not a very good climber, so I work hard on that aspect... as well as play smart. Little tricks like using the hands to push down on my knees helps because it harnesses the full body strength while stopping my arms from swinging around.

"Descending, on the other hand, has always been the strongest point for me; it probably comes from having spent so much time running on this kind of terrain, which you cannot replicate in a city. You need to stay relaxed, keep your step light and short, and bodyweight forward just a little—leaning back will cause you to fall and too far front will speed you up too much.

"To stay safe but fast, it's always good if you were there before the race to review the terrain and identify the difficult, injury-prone spots."

## EQUIPMENT

"I rely on my sponsors such as Salomon *(www.worldofsports.com.sg)* to provide me with the necessities I require. Salomon and I work together on the build-up process, so that they can create shoes that are well-adapted to my needs. I may have two to three pairs of shoes with me at each event, and will choose which to use base on the weather and trail condition on the day. Overall, I like to go with very lightweight shoes, carrying less makes a big difference during a hilly terrain and long distance run."

## NUTRITION

"I'm not a good example when it comes to giving advice on nutrition because I eat what I feel like and when I want to. I can still get away with it compared to most people given how often I train. For long races, I usually carry a couple of energy gels with me, and minimise what I have to bring with me by drinking either from the water stations or clean mountain streams. Afterwards, I take plenty of complex protein drinks to help speed up the recovery process."

## INJURY

"I've been competing for a long time now and before that I used to spend a lot of time in the mountains, so I have a good understanding of my body to know when I can push myself more or pull back to prevent injuries. At the end of the day it boils down to how well you know your limits."

## DIVERSITY

"Obviously, running in the mountains is very different from running on the tracks. I like versatility. No two races are alike! I work better in cold and wet conditions, and when it's warm I try to get hydrated as much as possible and measure my efforts more. Once again it's about self-knowledge, which can only be gained through experience and trial and error."

## THE SHOE BUSINESS

**During the past dozen years or so, the development and ethos of trail running shoes has come on in huge leaps and bounds as has the sport its self. The first things you need to identify are your running habits, experience, and the kind of trails you interned top run on. Next up is to look out for the sole type that meets your requirements and expectations. With trail running, that means reduced wedge to give you a better sense and grip of the ground underneath, which differs from the road running philosophy where cushioning is all-important.**



# MALAYSIA'S FAB FOUR TRAIL RUNNING CHALLENGES

Fact: We have some of the finest and most diverse trail runs in the entire region. From slippery jungle twisters to breathless high-rise mountain epics, you'll find them all dotted around the wilds of our tropical paradise. Throw in the intense heat, humidity, a bunch of creepy crawlies and the torrential rains and these trails bubble up as tasty but highly spiced hotpots.

If you're looking for seriously demanding trails, try these for size but do not treat them lightly as they will not react kindly to being underestimated.

### Mount Kinabalu, Sabah

Sitting at 4,095 metres above sea level, the highest and steepest peak in the country stands guard over all of north Borneo. Its 8km up and 8km back down trail has for a quarter of a century enticed the best mountain runners all over the world to its slopes for the annual Kinabalu Climbathon. The most recent course record of the two-day event is 2.33.56 which—includes the road run to and from the Kinabalu Park HQ—totals up to some 23km in all.

Do not even consider attempting this challenge without having gone through plenty of training. The ascent is very steep and stepped, and across open granite towards the summit, though it's the knee-jarring descent that is the real killer.

### Mulu National Park, Sarawak

You'll find a number of superb and well-defined hiking trails here. Perhaps the greatest run is the Heat Hunters Trail, and with the Pinnacles climb thrown in, would require an overnight on the trail.

Take a longboat journey to the trailhead where it's a flat and easy 7.8km run to Camp 5, a well-facilitated jungle camp that you must make your booking in advance. If you arrive early and the weather permits, you can continue on the hillier Head Hunters Trail to the far end and either spend the night there or hitch a longboat ride back to Mulu. Adding the 11.3km of fairly tough terrain to your initial distance, you'll be covering over 19km in a single day.

The other option is to stay overnight at Camp 5 and make a very early morning ascent of the Pinnacles trail. It may be just 2.4km in length and rises some 1,200 metres from the camp to the viewpoint, but be warned that it is on very rocky and rooted slopes.

### Penang Hill Heritage Forest Challenge, Penang

Starting from Teluk Baghang Forest Park, the trail makes a horseshoe-like traverse of the mountains and forest in the northern interior of Penang. It's steep and tough going for most of the way, and you'd be wise to prepare food and water for a long and hot day on the trail. At the far end of it is the Funicular Railway on top of Penang Hill, which makes for an impressive end to the run and offers a ride back down the hill. Generally, the 11.3km place-to-place hike takes around eight hours, though most regular runners could possibly get it done in about four to five hours.

### Gunung Jasar, Cameron Highlands

Misty and moody, Cameron Highlands is home to some amazing and demanding jungle and tea plantation trails, making it perfect for epic trail adventures. One of the best full-day runs is the 24km loop from Brinchang to Robinson Falls and Habu through the Barat Tea Plantation on to Gunung Jasar, Gunung Perdah and then back through Kampung Sungai Ruil. It's an epic six to eight-hour run for most regular trail runners, and although there are refuelling points along the way, you need to be sure to have plenty of water and restock when you can.

# RETREAT: WITHIN THE PENINSULAS

Much like a car, your body is the only vehicle you have in this life. Pay it the TLC it deserves before a vital part clocks out.



**LET'S FACE IT—YOU'RE NEVER REALLY RESTED AFTER A NIGHT'S SLEEP AND** even the weekends are haunted with a list of to-dos. Modern, urban living has it so that you're constantly being alerted on what's going on at work, among friends, in the world—messages after messages, news feed after news feed. There's just no catching a break, even during off hours.

The stress keeps piling on, causing tension and strains in not just muscle groups, but the overall mind and spirit. A routinely scheduled escape to a remote place in a foreign country seems ideal—at first—but trips involving that much commute can rack up the bill and can be physically draining. That infamous saying to need a vacation after a vacation is usually attributed to the hassle of distance travelling.

Fortunately, Malaysia is a prime locale for retreat destinations and has been an anchor paradise for many foreign visitors. Before queuing at a foreign exchange counter, check out these home front resorts requiring no passport or paperwork for an overall rejuvenation of the body, mind and spirit.



WORDS **VIVIAN SYC**



**BERJAYA TIOMAN RESORT, PULAU TIOMAN**
WITHOUT A SINGLE POLLUTION-INDUCING VEHICLE IN SIGHT, BERJAYA TIOMAN RESORT IS ENCAPSULATED BY A STRETCH OF PALM-FRINGE BEACH, MISTY MOUNTAINS AND LUSCIOUS RAINFOREST.

## Why go?

The 4-star resort is the only resort on the island to house an 18-hole international golf course, making it the perfect in-between getaway for both business and pleasure. All the 268 rooms and suites are infused with Malaysian-inspired architecture, fully equipped with modern amenities otherwise absent from budget properties along the same stretch of beach. As the island is well-renowned for its abundance of marine life, the Berjaya Tioman Resort is also a PADI 5-star Gold Palm certified resort where you can get your diving licence or join in on one of the many daily dives available, guided by experienced and professional divers.

## What to expect?

Like any island resort, Berjaya Tioman Resort is packed full of activities, both land and sea. Spend the morning jungle trekking through the tropical rainforest, an afternoon playing volleyball, go kayaking at dusk and catch the sun set, slip into a wetsuit for a night dive and wrap up the perfect day with a few games of table tennis or basketball. The resort has options for everyone, quite literally—from single and ready to mingle, to couple and the family man.

## Like that?

After an eventful day out, check into the resort's renowned Ayura Spa for an hour or two of total body reboot. Famed for treatments adopting the use of herbal essences and traditional methods, the spa offers services that can loosen the most stubborn of knots. However, it's their special line of facials you want to go for after a day under UV rays to keep the sunspots at bay.

*www.berjayahotel.com/tioman*



**VIVANTA BY TAJ, LANGKAWI**
NAMED AFTER THE REBAK TREE NATIVE TO LANGKAWI, THE VIVANTA BY TAJ IS A PRIVATE BEACH RESORT WITH THE ONLY FULLY EQUIPPED MARINA IN MALAYSIA.

## Why go?
It's private, exclusive and the only 5-star resort off Langkawi Island. The resort focuses so much on exclusivity that it only offers up 94 rooms and suites, all built with Cengal timber to blend against the 390-acres of jungles that surrounds it.

## What to expect?
Being the only property with a fully equipped marina, you can hire a private charter to cruise around the main island—packaged with a flowing bar, barbeque dinner and a mid-sea Jacuzzi dip. The resort's Nature Trail and Jungle Walk are also unique in that the guide is a residential naturalist who will educate and quiz you throughout the trek.

## Like that?
Throw out those late night instant meals for fresh produce. Learn how to shop and recreate classical Malaysian dishes by taking up a cooking course. The session starts off with a day trip to the wet market—accompanied by a chef—for the freshest pick of fish, meats, fruits and vegetables followed by a basic how-to in culinary that you can bring home and replicate in your own kitchen.

*www.vivantabytaj.com/rebak-island-langkawi/overview.html*



**KASIH SAYANG HEALTH RESORT, KOTA KINABALU**
BREATHE IN NATURE AT THE KASIH SAYANG HEALTH RESORT WHILE TAKING IN THE 360° VIEW OF KOTA KINABALU, 2,400 FEET ABOVE SEA LEVEL.

## Why go?
To detox. The resort is dedicated to providing a holistic approach to jump-start into a healthy lifestyle—offering detoxification programmes that include a pre-planned menu. Scaled with only 23 rooms, the resort can only service 40 guests at any one time.

## What to expect?
Detox programmes are no walks in the park, but sometimes that's exactly what the body needs. Prepare to feel a new spring in your step as a result of the meticulously prepared diet, and hike the trails nearby the property. The majestic view of five islands off the mainland and Mount Kinabalu will also leave you slightly breathless.

## Like that?
Hang out at The Cloud 9 restaurant deck and enjoy the fresh air only attainable in 18°C to 23°C. Celebrate the end of a successful week of detoxing with the restaurant's signature oxtail curry dish or Tuaran mee. Permission to indulge, granted.

*kasihsayang.com.my*

### QUICK FACTS ON MASSAGE THERAPY

**1** Massage therapy is the oldest form of healthcare known to man. Scriptures of its healing effects have been found on ancient Chinese, Japanese and Indian texts, as well as on Egyptian tombs and medicinal scriptures from famed Greek physician Hippocrates.

**2** One out of five adults discuss the use of massage or some form of holistic therapy with their general doctors.

**3** Massaging the right area can help reduce anxiety, depression and negative emotions faster than medication.

## Why go?
The contemporary Malaysian-style property has a sweeping view of the Andaman Sea, offering 178 rooms and suites spread comfortably apart to provide guests with a sense of privacy. Fourteen units in the resort have its own direct pool access, the first of its kind in Langkawi.

## What to expect?
Its V Botanical Spa is also a full service spa, providing treatments such as its signature Kahuna Wave Massage, a technique from Hawaii using body oils and long strokes for deep relaxation. The spa also has an integrated wellness programme which focuses on five key areas: Detox, anti-ageing, deep relaxation, vitality and soul connection.

## Like that?
Get out of the water and back to centre by enrolling in a yoga class. As part of the V Botanical Spa, four different basic yoga practices are available to develop strength, flexibility and balance while discovering inner peace. Try out Yoga Nidra or "yoga sleep," which is the deepest state of relaxation in meditation.

*www.theandaman.com*

**4** 60 minutes, two to three times a week is the recommended dose to keep chronic pains at bay.

**5** Massages before any athletic undertaking makes the athlete more flexible.

**6** There are over a hundred different forms of massage therapy, but the most known and common form is the Swedish massage.

**7** It is commonplace for professional athletes to travel with their personal masseuse, like Michael Jordan and LeBron James.

**8** Vigorous massage is not recommended for people on blood-thinning medication or with blood disorders.

**9** A 10-minute hand massage before surgery drastically lessens anxiety for patients.

**THE ANDAMAN, LANGKAWI**
NESTLED BETWEEN A 10 MILLION YEAR OLD RAINFOREST AND AN 8,000-YEAR-OLD FRINGING CORAL REEF, THE ANDAMAN, A LUXURY COLLECTION RESORT HAS ALL THE TRIMMINGS OF A 5-STAR LUXURY RESORT.



**JAPAMALA RESORT, PULAU TIOMAN**
HIBERNATE AND CONNECT WITH THE GREAT OUTDOORS AT JAPAMALA RESORT, WHERE THE AGENDA FOR EVERY DAY AND EVERY NIGHT IS NOTHING AT ALL.





## Why go?
This romantic getaway can either be enjoyed as a couple or a toast to singlehood. The resort is famed for its over-water pavilion and sun deck dining areas, serving up Thai, Indochinese and Malay cuisines. The property was designed to be luxurious, lodging two swimming pools—one on beachfront granite rocks with a waterfall and another enclave by jungles.

## What to expect?
The resort is fully eco-friendly, however, it spared no expense in fusing with the natural crevices and personality of the land it sits on. Comprising only 13 rooms constructed with second-hand timber from all over the world, no two rooms on the property are the same. Don't be alarmed if a towering boulder is part of the décor of your private villa.

## Like that?
The Samadhi Spa is renowned for its personal care and spa products, containing only 100% natural active and base materials made in Malaysia. Check out their aromatherapy using all natural essential oils to revitalise tired nerves and awaken the senses.

*www.japamalaresorts.com*



**THE BANJARAN HOTSPRING, IPOH**
DIP IN THE REVITALISING GEOTHERMAL HOT SPRINGS AT THE BANJARAN HOTSPRING SET WITHIN 260-MILLION YEAR OLD LIMESTONE HILLS.

## Why go?
The resort has varying wellness programmes specifically designed to cater to the duration of your stay, so there's basically not a single moment gone to waste. The 25 villas property offers 40 different types of holistic treatments and therapies, all inspired by traditional practices.

## What to expect?
You'll get what you need and maybe not what you want. Upon arrival, a wellness consultant will assess your overall wellbeing from diet to fitness stature. Then a personalised list of treatments best suited to tackle your beaten body will be recommended. And of course, the retreat's infamous Banjaran Hot Spring can't be missed, billowing 2,000 litres of hot springs water per minute.

## Like that?
Give your scalp a break from grooming products and check out the Adam Traditional Malay Journey for Men. Inspired by traditional Malay Urut massage techniques, the 180-minute session also includes a scrub, wrap and exfoliation of the skin, concluding with a hair bath to revitalise damaged hair follicles.

*www.thebanjaran.com*

## IF RESEARCH SAYS SO...

### A TICKING TIME BOMB
According to a review by the University of Georgia, logging more hours doesn't actually mean you're getting more done. In fact, the chances of not ticking off the items you'd like on your to-do list for the day might evoke more stress than had you just prioritised and clocked out at the hour you're supposed to.

### IF IT AIN'T BROKE
Fix it before it is. Millions of people have hopped onto the mind-body fitness trend, infusing practices such as yoga, tai chi and Pilates into their routine to improve their immune system and combat fatigue. According to a paper from Stanford University School of Medicine, these exercises power down the sympathetic nervous system and charge up the parasympathetic system, which induces relaxation.

### PUSH THE RESET BUTTON
A retreat is more than just a getaway to some exotic location to take in new cultures and experience different foods. When you are away from your familiar surrounding, you're more likely to disconnect from daily to-dos and responsibilities. It is believed in East Asian medicine that what benefits the mind will inadvertently benefit the body. Rest up.



**PANGKOR LAUT RESORT, PULAU PANGKOR**
SITUATED ALONG THE WEST COAST ALONG THE STRAITS OF MALACCA, THE PANGKOR LAUT RESORT IS A PRIVATE OWNED ISLAND SPANNING ACROSS 300 ACRES OF JUNGLE AND SANDY BEACH.

## Why go?
The resort has its own Spa Village and private villas for that all inclusive, overly exclusive experience. Its Royal Bay Beach Club, famous for cocktails, overlooks the property's infinity pool. And if you have a knack for being out in the open sea, you can charter a luxury yacht and sail into the sunset taking in the view of coastline.

## What to expect?
Each unit within the resort features an oversized bath, large private balcony and the view of the Straits of Malacca. The resort commands only 140 villas and eight estates, styled with wooden fixtures to blend with the tropical jungle. Several hiking trails are open—depending on your stamina—the Southern Perimeter Trek is the more challenging of trails on the property.

## Like that?
Sign up for the three-hour Bukit Gantang Warrior Treatment and feel like a brand new man. The treatment includes a deep tissue massage, herbal hair root treatment and scrub, a bath in varying spices and oil steam bath.

*www.pangkorlautresort.com*





**NEXUS RESORT & SPA, KOTA KINABALU**
ONE OF THE LARGEST RESORT AND SPA IN BORNEO, THE NEXUS RESORT & SPA KARAMBUNAI IS SURROUNDED BY 3,335 ACRES OF NATURAL LANDSCAPE, COMPLETE WITH AN AWARD-WINNING 18-HOLE GOLF COURSE.

## Why go?
The property is family-friendly, meaning it offers a wide spectrum of activities to keep your spouse, friends or children well occupied while you check into the spa for some quiet time. The resort is also packed full of sports facilities, so if a round of golf isn't on your agenda, play a game of doubles at the tennis court.

## What to expect?
It might be underwhelming or overwhelming, depending what kind of guy you are. There will be families along the beachfront and the pool will be littered with kids and inflated floatation devices. However, the resort is expansive, making it quite easy to sneak out for quiet time without fussing over the travelling company.

## Like that?
Get your blood flowing and try the resort's signature Borneo Massage. The 90-minute treatment features a combination of massage techniques including lymphatic acupressure, which helps improve digestion and remove toxins through the lymphatic system.

*www.nexusresort.com*

**GAYA ISLAND RESORT, KOTA KINABALU**
INSPIRED BY THE HARMONIOUS RELATIONSHIP EXISTING IN NATURE, THE GAYA ISLAND RESORT IS SNUGGED WITHIN ANCIENT RAINFORESTS AND PROTECTED MANGROVES.





## Why go?
Set on the shores of Pulau Gaya, the resort not only has full access to some of the region's most unique dive sites, but its 121 villas and suites are set in the hills. The property also offers several hiking trails, one of which leads into Tavajun Bay, a private beach ideal for sunbathing.

## What to expect?
Snorkelling and diving are two main attractions of the resort, however, if you are not a certified open water diver, their PADI train instructors provide a discovery session where you can descend to a safe depth to see the residential house reef. Non-motorised water sports such as paddle boarding or kayaking are also available, being that the island is a marine park.

## Like that?
Skip the day under the scorching sun and sign up for the Spa Village's Papakang, Odyssey of the Seven Brothers Treatment. The healing package inspired by a folk tale of the indigenous people includes a body scrub with rice rains, coffee, Tongkat Ali and cinnamon spice, a hair masque, massage, and simple facial.

*www.gayaislandresort.com*

RECEIVED
FEBRUARY 2015

# DETOX LIKE A MAN

~~SECRET~~

APPROVED FOR RELEASE
MARCH 2015

643862932872047>>74857
(C)

LIFE-SHORTENING TOXINS ARE ATTACKING YOU ON ALL FRONTS—YOUR BODY, YOUR BANK BALANCE, EVEN YOUR FACEBOOK PAGE. DEPLOY OUR STRATEGIES TO PURGE YOURSELF OF THESE POISONS, WHILE KEEPING WELL OUT OF RANGE OF ANY 'CLEANSING MASQUE' THE COLOUR AND CONSISTENCY OF COMPOST...

**WORDS** TOM BANHAM **PHOTOGRAPHS** INMAGINE

ARTICLE 001



# A DRINKER'S GUIDE TO *THE MORNING AFTER*

Handle your hangover like a gent with help from Professor Tom Sanders from the Natural Hydration Council.

**1. IMBIBE AN ELIXIR**

Return to form with a rehydrating tonic. "Dilute orange juice 50:50 with water. The OJ is a good source of vitamin C and contains about 10% carbohydrates," says Professor Sanders. And ignore anecdotal nonsense about adding salt: "Your blood pressure is likely to be higher after binge drinking and salt will only spike it further."

**2. SELF-MEDICATE**

"Paracetamol is best—ibuprofen is more for muscle pain than for headaches. Oh, and aspirin inhibits blood clotting, so increases your risk of a brain haemorrhage..."

**3. CLEAN YOURSELF**

"Excess alcohol causes sweating," says the professor. "Take a shower, but not a cold one." Alcohol lowers your body temperature—don't help it.

**4. CARB LOAD**

"Too much alcohol leads to low blood sugar," Professor Sanders says. "This can result in a cold sweat. Carbs will reverse this."

**5. STOP SPINNING**

Chamber awhirl? Sit with your head between your legs. "Your inner ear—responsible for balance—is perturbed by alcohol," says Sanders. Rock back and forth if you must.

RECIPES **EXECUTIVE HEAD CHEF AT HOUSE AT THE NATIONAL THEATRE** FOOD STYLIST **JACK SARGESON**

ARTICLE 002

# Prep Your *Breakfast* To Match Your State

Chef Simon Flint* reveals how to eat your way out of that post-booze hole, however hard you're troughing.



01

YOU ARE... CAPABLE OF SLOW, STEADY MOVEMENTS...

## Spanish Tortilla

**INGREDIENTS**

- Olive oil, 3tbsp
- An onion, large, chopped
- Red pepper, chopped
- Potatoes, 250g, chopped
- Eggs, 4
- Spinach, handful

**METHOD**

Heat the oil in a pan and chuck in the onions, peppers and potatoes until they're all soft and golden. Strain the excess oil, and beat two whole eggs and two egg whites into a bowl. Throw everything into the pan, along with the spinach, and say adiós to Señor Jaqueca (that's Spanish for Mr Migraine), as the taters restore balance to your depleted blood glucose levels.

# DETOX LIKE A MAN

Scoff at morning-after pains and live to drink another day



## ALL YOLKS ASIDE

EGGS ARE A RICH SOURCE OF CYSTEINE, WHICH HELPS YOUR LIVER SOFTEN THE EFFECTS OF THE POST-BOOZING TOXINS THAT MAKE YOUR INSIDES FEEL LIKE A VOM-BOMB READY TO BLOW.



02

YOU ARE... HEAVILY RELIANT ON KITCHEN SURFACES TO STAY AFOOT

## Posh Eggs On Toast

**INGREDIENTS**

- An avocado
- Olive oil, 2tbsp
- Spring onion, 2, chopped
- Red chilli, ½, chopped
- Lime, for squeezing
- Eggs, 2
- Rye bread, 2 slices

**METHOD**

Peel, de-stone and mash up the avocado. It's rich in glutathione, an antioxidant essential to powering your liver's natural detoxification process. Mix in the oil, onion, chilli and a squeeze of lime, and pow—you've made the hangover-killing equivalent of an air strike. Poach two eggs, toast your rye, then spread your guac. Sit the eggs on top and devour.

03

YOU ARE... CRAWLING LIKE A BABY AND VOMITING TWICE AS FREQUENTLY

## Instant Huevos Rancheros

**INGREDIENTS**

- Eggs, 3
- Milk, a splash
- Wholemeal tortilla
- Cheddar, 30g, grated
- Tabasco sauce

**METHOD**

You've made it to the kitchen. Kudos. Now scramble two eggs and one egg white with a splash of milk, some salt and pepper. Tip your eggs onto the tortilla, sprinkle on the cheese and splash liberally with Tabasco. The chillies contain antioxidants that destroy free radicals and help remove other alcohol-related waste products. Clean as a whistle.

ARTICLE 003



## CHANNEL YOUR INNER *WOLVERINE*

You don't need to be a mutant to regenerate your liver and fight off disease.

**Put away too much drink and you risk developing liver disease. But fear not, there's a hero inside you. Much likE Wolverine, your liver has self-healing powers (AKA 'compensatory hypertrophy'). Don't let your largest internal organ flounder in the tide of Yule – give it what it needs to repair itself quickly.**

**MUTANT MEASURE #1**

### Fast Feast

We don't know what goes on in Logan's liver, but it's a compound called glutathione regenerating cells in yours. Foods high in it include cumin, peppers, onion, spinach, garlic and tomatoes. In other words, feed on a curry.

**MUTANT MEASURE #2**

### Animal Instinct

ALA is the Professor X of antioxidants, encouraging other antioxidants to multiply and fight off oxidative threats to your liver. You can get it in powder form to supplement your diet or sink your teeth into animal kidneys, heart, and er, livers, say the Linus Pauling Institute.

**MUTANT MEASURE #3**

### Sharpen Up

The medicinal compound in milk thistle is silymarin, an antioxidant that protects against cell damage. In lab tests using rat livers, silymarin was found to boost liver tissue regrowth—good news if you like getting rat-arsed.

ARTICLE 004

# Mix It Up With The *Sober Sommelier*

A party booze sabbatical doesn't have to be dry, says bartender extraordinaire Salvatore Calabrese.

01

PURE RELAXATION

## Healer Sunrise

**INGREDIENTS**

- Fresh peach puree, 50ml
- Fresh raspberry puree, 20ml
- Fresh lemon juice, 5ml
- Tonic water, 100ml

**METHOD**

**Peaches contain stress-relieving phytonutrients that act as a natural sedative, taking the edge off without getting a buzz on. Pour the fruit juices into a mixing glass filled with ice and stir well, then slowly add the tonic water, stirring all the time. Strain and get down your neck.**

02

DOUBLE IMMUNITY

## Neat Beet Booster

**INGREDIENTS**

- Carrots, 2 large
- Beetroot, 1 small
- Blood oranges, 2 (regular oranges work almost as well)

**METHOD**

**This is laden with immunity-raising vitamins A, B6 and C. De-stem the carrots and beetroot and slice them up. Cut the oranges in half and squeeze. Juice the veg, pour all the juices into a shaker with ice, shake wildly, strain and drink.**

03

ENERGY DRINK

## Moscow Fuel

**INGREDIENTS**

- Fresh ginger root, small chunk
- Apple juice, 70 ml
- Pear puree, 40 ml
- Lime juice, 20 ml
- Non-alcoholic ginger beer

**METHOD**

**Crush the ginger, add the juice and shake with ice. Strain, add the ginger beer and feel energising minerals hit your system.**

04

SEXUAL HEALING

## Mojo-jito

**INGREDIENTS**

- Cranberry juice, 100ml
- Fresh lemon juice, 20ml
- Lavender agave syrup, 20ml

**METHOD**

**A few pints might kindle your libido, but alcohol will lower your performance. A whiff of lavender, though, can increase blood flow to your 'cocktail stirrer' by 40%*, giving you the arousal along with the ability to follow through. Jiggle it all with ice in a shaker, and strain.**

### LOVE SMELLS SWEET

*REALLY* IMPRESS THE OBJECT OF YOUR DESIRES BY MAKING YOUR OWN SYRUP. INFUSE 500ML OF AGAVE NECTAR WITH A HANDFUL OF LAVENDER SEEDS AND LEAVE TO STAND FOR A WEEK AT ROOM TEMPERATURE.

DETOX LIKE A MAN

ARTICLE 005

## HOOK UP TO A *CHEMICAL* COCKTAIL

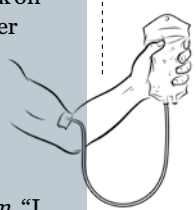
**Features editor Daniel Masoliver tests if IV drips are the key to fast repair**

I may not have Rihanna's looks, Rita Ora's fame or Cara Delevingne's wealth, but one thing we all have in common is a pinprick on the underside of our left elbows.

The "party girl drip" is a potion of vitamins, minerals and saline solution, fired through an IV tube into the blood of hard-living celebs – or anyone who can stump up the cash for the treatment – through an IV tube. Binge recovery for binge drinkers. Unlike popping a multivit, which has to pass through your digestive system before being absorbed, results are immediate, as it seeps directly into your twisty circulatory system.

Unsurprisingly, having liquid pumped into a perforated vein is pretty painful, though once the tube's out and I'm back on my feet, I feel a lot better for it. So has the drip worked? Probably not, says Professor Jonathan Chick, chief editor of *Alcohol and Alcoholism*. "I know of no research that shows any benefit. There is nothing that couldn't be obtained with a walk and a balanced meal."

A stroll and a sarnie may not be as glamorous as firing liquid vitamins into your veins, but it's cheaper.



ARTICLE 006

# Give Your Bank Balance A *Facelift*

Put your finances under the knife with the knowledge of *The Times Money* columnist Laura Whateley.



**COSMETIC CHEMICAL PEEL**

## Go Budget

A RM38 per weekday Pret habit will cost you RM9,518 a year, or RM428,312 over your career. In other words, a packed lunch could save you enough for a Porsche Carrera 911. Get a budgeting app, such as Toshl, to keep track of how much little spends actually cost you.

## Get Cash Back

If you don't want to cut back your spending at least try and make some money out of it. You can earn an average of RM1,935 a year by using, for instance UK sites like *topcashback.co.uk* to click through to online shops such as Holland & Barrett (10.5% cashback), Nike (9.45%) or to pay for subscriptions like Now TV (£10.50 cashback).

## Drink To Free Gym Membership

Turns out you can put a price on your health: A typical gym membership will set you back RM3,916 a year. The thing is, we men spend more than that on alcohol (RM5,079, typically). Cut the booze and you effectively get fit for free. Too extreme? Make your own bottle of wine for much less.



**FULL RECONSTRUCTIVE SURGERY**

## Be A Dragon

If you're happy to gamble with your savings, consider backing a new craft beer or record label through, for example, UK sites such as *crowdcube.com* or *zopa.com*. These peer-to-peer platforms match up people in need of funding with investors keen for returns of as much as 8% – at least eight times as much as you'll get from Barclays, Lloyds et al.

## Get Paid For Your Holidays

Staying in an Airbnb on your travels is a no-brainer, but the smart money is in hosting. A typical host earns RM15,348 from letting a bed 33 nights a year. Getting away just started paying for itself.

## Guard Your Pennies

Most tenants spend 30-50% of their salary on rent, leaving little to save for a deposit. Guardians, who look after empty buildings like convents and nursing homes, pay from just RM163 a week to live in often bigger and better properties.

ARTICLE 007

## Dare To Attempt The *Liposuction Circuit*

The ultimate fat-stripping workout, courtesy of Skinny Bitch Collective founder Russell Bateman.

"This circuit is cheaper than sucking the fat out of your love handles through a tube, and just as effective," says Bateman, the man who keeps half of Britain's models in catwalk shape. "Do it twice a week with heavy lifting like sumo deadlifts on two other days and the fat will fall off," he says. These metabolic conditioning exercises strip abdominal fat *and* boost testosterone like no other routine. "End with a cold shower to spike your metabolism."

**BURPEE KETTLEBELL LIFT**
**15 reps**
**Don't look around for the anaesthetist; this will hurt. Perform a burpee, landing with your feet either side of a kettlebell. Pick it up, lift explosively to chest height, then slowly lower. Repeat.**

**UPSIDE-DOWN SBC CLIMBER**
**30sec**
**Assume a halfway-house handstand, feet against the nearest wall. With arms locked, pump your knees into your stomach as intensely as possible, and feel the fat pump right back out.**

**BURPEE ROTATION**
**15 reps**
**Drop down and bash out a regular burpee with a quick 180-degree twist at the top of the movement, turning your muscles into overdrive. Be warned, though – nausea's a common side effect.**

**SIDE HOLD WITH PRESS**
**12 reps on each side**
**You may experience scarring, but purely of the emotional kind. While holding a side-plank, do a kettlebell press for a massive hit to your obliques. After 12 reps, switch sides and go again.**

**BURPEE TUCK WITH ARM EXTENSION**
**30sec**
**On your hands and feet, perform a tuck jump then crawl forward five paces on your paws. Do a press-up and crawl backward to where you started. Surgical sculpting, minus the scalpel.**
*Take 15sec rest between each exercise. Hydrate, and repeat the full circuit four times. Surgeon General's orders.*

ARTICLE 008

## BEGIN YOUR BROTOX *NO PANTS REQUIRED*

Dump those e-pals and get under the covers, says David Whitehouse, author of social commentary *Bed*.



**COMBAT STRESS WITH SEX**

PEOPLE WHO DO IT LESS OFTEN TAKE ON MORE WORK TO OFFSET THEIR DISSATISFACTION, LEADING TO MORE STRESS*. BREAK THE VICIOUS CYCLE BY HAVING SEX, RELEASING THE ANXIETY-ERASING HORMONE DOPAMINE.

We have too many friends. Except they're not friends. We're adrift on a sea of casual acquaintances, panhandling for retweets from people we hated at school. And there are more of them than ever. It shows on our Facebook pages and the amount of people we follow on Twitter, a rising number tied to our growing levels of anxiety (1). We're perhaps only a few weeks away from joining a social network devoted to bragging about our kitchens to people we haven't met. And the worst part? The more time we spend indulging it, the lonelier we become (2).

It's time to ruthlessly prune the overgrown tree that is our circle of 'friends', and focus our newfound time and social energy where it'll do us the most good: Our beds.

After all, real intimacy, with a real human, is better for your health and wellbeing than any number of Likes (3).

**FOLLOW UP**
(1) "The more social media you're linked to, the more stressed you can become," says psychologist Dr Emma Short.
(2) "Research has found that the longer you spend online, the increased amount of loneliness you feel," says Dr Short.
(3) Having sex just once a week bolsters your immune system, according to a study from Pennsylvania's Wilkes University.

ARTICLE 009

## Or Just Take A Leaf Out Of *This Guy's* Book

Partying with hot women, high-stakes poker and driving tanks – it doesn't sound like clean living. But Instagram playboy Dan Bilzerian balances a rock star lifestyle with a cover star body



**DAN BILZERIAN'S VITAL STATISTICS**
Age 33
Instagram followers 5.4 million
Guns owned 100 (and counting)
2014 poker winnings RM180 million

***MH: What's the key to living like Dan Bilzerian?***
Dan Bilzerian: Freedom. Being able to be yourself and being unapologetic about it. If there's something I want to do, I'm not going to talk about it, I'll just do it. So if I wanted to drive a tank over a car, I'd do that; if I wanted to blow something up, I'd do that; if I wanted to go on a yacht with a bunch of chicks, I'd do it. I've been consistently upping the bar in pretty much all aspects of life.
***How have your internal organs not just withered and died?***
It's not like in every one of these situations I'm hammered. I'll be hanging out with a bunch of hot chicks, but that doesn't necessarily mean that I need to be messed up. I'd much rather be sober and sleeping with a bunch of hot girls than getting drunk with my buddies telling stories about it.
***Between the constant pool parties and high stakes poker matches, where do you find the time to look the way you do?***
That's one thing I plan out: My workouts. It's what my whole day revolves around. And I eat really clean. I know I'm going to get at least 20g of protein with every meal, and I try to eat low glycaemic index carbs. It takes a little bit of planning, and it's a pain in the ass, but that's how you're going to keep your body in the best shape.
***When did you start looking after your body?***
I had a heart attack when I was 25. That was a little bit of a wake up call. I did drugs probably five times in my life—that just happened to be one of those five.
***So it was detox living from then on?***
Like those cleanses where they just drink a bunch of juice or whatever? This crash dieting, this Atkins stuff, it's all gimmicks for lazy idiot people. This isn't a diet, this is a lifelong thing. The bottom line is that you should develop a healthy lifestyle that you can maintain. Figure out what you've got to do to stay in good shape and just do it.
***What do you put your success on the card table down to?***
I'm not the best poker player in the world, but I set myself up to play against super-rich guys who are playing more for fun than for anything else. A lot of guys grind it out in the casino, but I would play bigger stakes, less frequently, with worse players. Pick your battles. ■

# Hunger Games

**Every supermarket worth its salt (and sugar) has its own healthy option food range that screams its credentials from the aisles: Low fat! Low calorie! But what's actually in the box? One writer fills up on a fortnight of diet-friendly meals to find out if they really live up to their promise.**



**WORDS** TOM BANHAM **PHOTOGRAPHS** HILAL RETHASHAH

The science, as we all know, is basic mthermodynamics. If you don't burn the energy you ingest, it has to go somewhere: your belly, your moobs, wrapped around your internal organs. But put fewer calories in and instead your body burns the fuel you've stored. You lose weight, get healthier and rippling fat evaporates to reveal ripped abs. Cut the calories, lose the love handles—it's simple mathematics. Right?

Which is why the food industry is obsessed with numbers. You know, the ones you see on the front of everything it produces. The traffic-light system, the wheel of health, assorted percentage symbols preceded by single-digits—the lower the figures, the more likely we are to put them in our baskets. But can you eat comfort food every day and still burn fat?

Weight Watchers promises you can; nutritionists are sceptical. "The marketing of most foods as 'healthy' is misleading," says Marion Nestle, an expert in nutrition and public health at New York University, who draws parallels between big food and big tobacco. Like low-tar cigarettes, diet foods might be less harmful than the full-fat processed version. But they're still bad news. "The key is this: weight is about calories, and where they come from doesn't matter much," she says. "Health, however, is about the quality of the calories and the healthiest foods are almost always unprocessed and natural."

It's an argument that's evidently not being heard. In the UK alone, we buy more than £2 billion [RM10.8 billion] of diet food annually. Who hasn't succumbed to a low-fat ready meal instead of getting the steamer out after a long day? I want to find out how much weight the promises of the diet food industry actually hold. To do this, I'm going to put my every nutritional decision in the hands of the very industry that many experts see as being responsible for a snowballing obesity crisis. For a fortnight, nothing without a low-calorie, low-fat or otherwise health-honing promise on its packaging will pass my lips. Healthy Living, Count on Us, Be Good to Yourself—these will become my new foodie friends that, if the labelling is to be believed, will allow me to eat myself into model health. The proof will be in the reduced-sugar pudding.

## Low fat never seemed so sweet

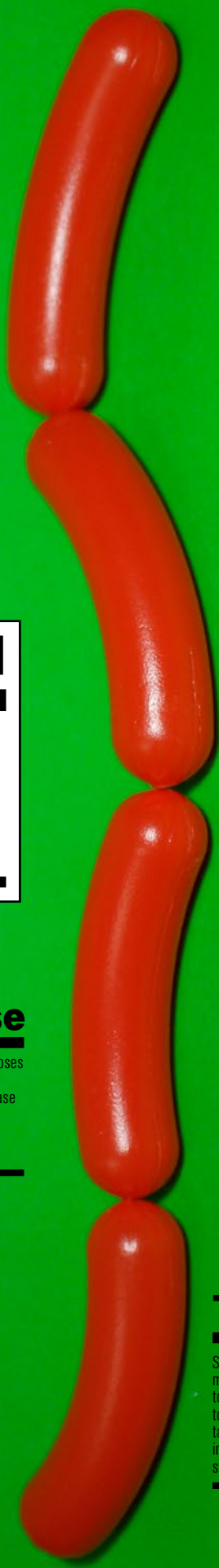
Day one. The Italian aisle at Tesco. Nutritional boasts are screaming at me. Low fat! Low calorie! Wholegrain! Fibre! It's a crib sheet in healthy eating. Tesco's fully leaded beef lasagne, for example, packs 651 calories into every serving and has a trio of crimson numbers on the front of the pack. No go. But Weight Watchers' chicken equivalent claims only 328 calories, about a seventh of my daily energy allowance and a quarter of the other version's fat content. An impressive feat considering the recipe includes cream and three types of cheese. Into the basket it goes.

But it quickly becomes apparent that what's promised on the packaging doesn't necessarily align with what lies inside. When the microwave pings, I'm not sure whether to eat it or make soap from it. I seem to have accidentally bought wet Mighty White smothered in catarrh. And yet, for all its visual impact, it slinks across my tongue as though embarrassed to be there. Bar a flicker of saltiness, which dissipates as quickly as it arrives, there's nothing. The flavour is like used bathwater full of gristle. It's the epicurean equivalent of swapping a festival soundsystem for N-Dubz blasted out of a mobile phone.

**"Dinner is an anaemic chicken and lemon risotto with the citrus kick of Toilet Duck."**

A few days in and already it's clear I'm going to struggle keeping it up for a fortnight. And according to Dr Scott Harding, a lecturer in the diabetes and nutritional sciences division at King's College London, that's part of the problem. The biggest culprits when it comes to diets failing? Monotony and unpalatability. My approach features both. "Diets like this aren't sustainable. It's too much of a change," says Harding when I complain about last night's supper, an anaemic Weight Watchers chicken and lemon risotto ("Convenience never tasted so good!"), which has all the citrus kick of Toilet Duck. Looking through my food log, Harding also points out that although I've slashed my fat intake, sugar has rocketed–from about 20g a day pre-diet to pushing 100g now.

This is because of the simple equation at the heart of the food manufacturing industry. In *New York Times* journalist Michael Moss's book *Salt, Sugar, Fat: How the Food Giants Hooked Us*, he explains how that trio of



## Pasta

White pasta sheets spike insulin levels, leading to snack-inducing crashes a few hours after eating. Wholemeal's a much better bet.

## Milk

Reducing fat reduces fullness, leading to bigger portion sizes – that's why skimmed milk drinkers weigh more than their whole milk counterparts.

# The Raw Facts #1

**Lasagne** All the ingredients of a lasagne can be healthy on their own. It's the shelf-life-increasing, fat-reducing modifications that strip its goodness. Go DIY instead.

## Meat

The factory-farmed, low-fat mince in your ready meal lacks the heart-healthy fats and oleic acid found in grass-fed beef. Use the cash you save by cooking to buy free-range butcher's cuts.

## Cheese

Low-calorie cheese loses taste alongside fat. Manufacturers increase salt to make up for it, raising your blood pressure too.

## Tomato

Shop-bought sauce is made from rehydrated tomato puree plus sugar to counteract the bitter taste. Go for tinned instead and ditch the sweet stuff.

ingredients are manipulated to produce the "bliss point": an intensely satisfying crunch of chip or bite of burger that swiftly evaporates to leave you craving another hit. Their balance is also what makes your chow mein delicious and your carbonara so moreish. And if you remove one factor—say, fat—you have to either bump up the others (usually sugar) or produce something no-one wants to eat.

What's more, fat isn't just about flavour. "Foods that contain fat slow down the release of sugar," Harding explains. My diet, on the other hand, in which fat has been swapped for simple carbohydrates, provides an energy injection that burns too fast – an immediate spike followed by a lethargic low. "You go into a metabolic period where you're actually a bit hypo-glycaemic," says Harding. This means that the insulin my body has released to deal with the excess sugar is too effective, dropping my blood sugar below normal levels.

Cue headaches, mood swings and a distinct inability to focus on anything that isn't food. In my girlfriend's words, I become a prick. Four days in, I already oscillate between irritating energy and sullenness. My sex drive evaporates. I spend longer at the office because I don't want to have to go home and eat yet more depressing food. I'm eating "healthy" meals; I feel anything but.

**"I oscillate between irritating energy and sullenness. My sex drive evaporates."**

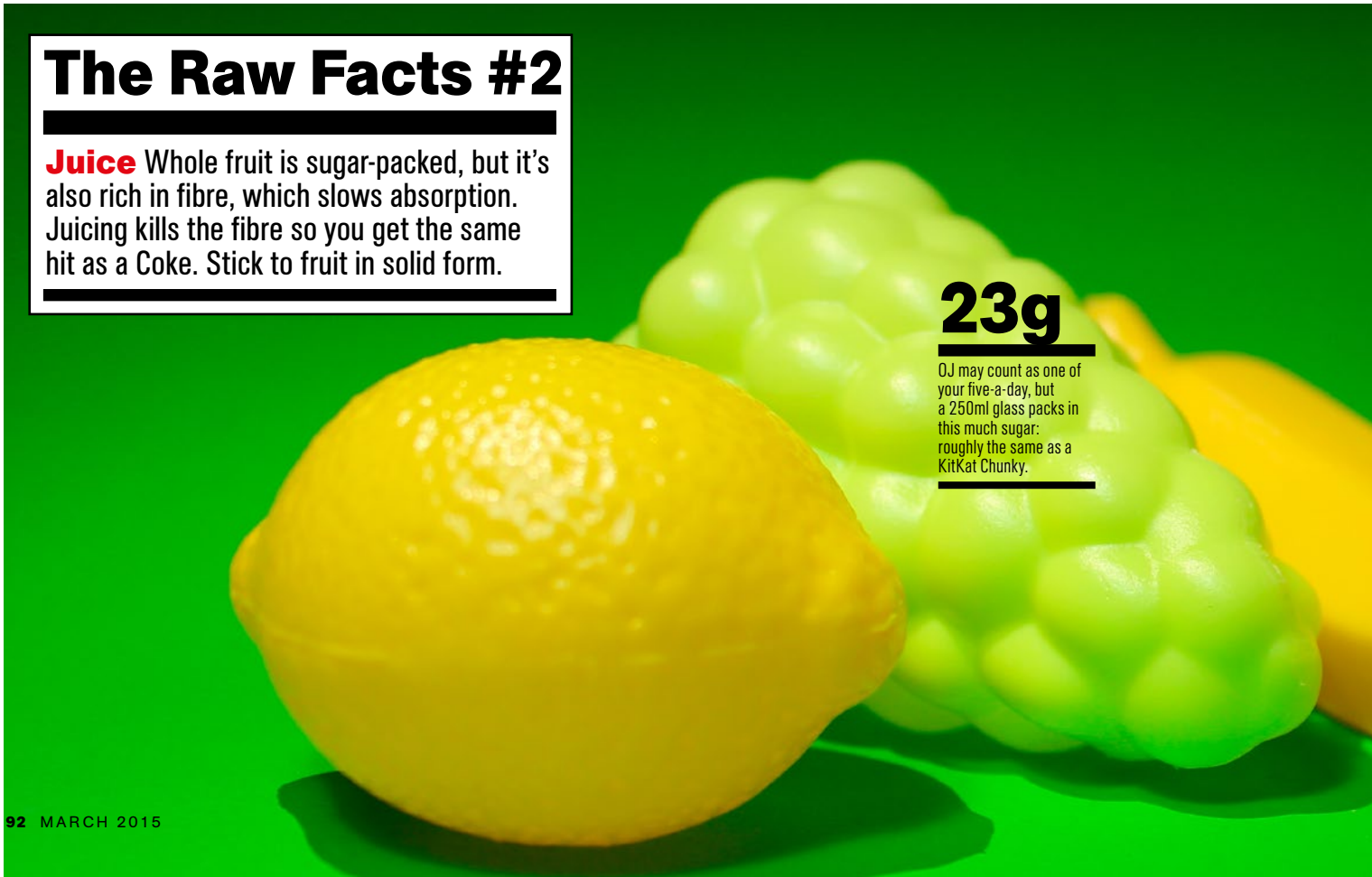
## A calorie is not a calorie

My first—and only—visit to the gym in the first week ends in me almost falling off the treadmill after just 15 minutes, too exhausted to continue. It's hardly surprising. Research by pharmaceutical giant GlaxoSmithKline discovered that 30% of men focus solely on calorie intake when trying to lose weight, even though they know exercise is a more effective solution. Take out energy and, well, you take out energy.

As I reluctantly tuck into a Morrisons NuMe Cumberland Pie (less than 2% fat, and only 297 calories!) after my aborted workout, I contemplate why, even though we all know that losing weight is as simple as cutting calories, we're all getting fatter. To find out I get in touch with Gary Taubes, author of *The Diet Delusion*. According to Taubes, modern dietary advice is failing because it's trying to answer the wrong question.

"The notion that obesity is caused by changes in energy balance—taking in more calories than we expend—is naive," he says. Taubes believes that reducing nutrition to mathematics is, at best, misguided. As he puts it: "It's like saying Bill Gates got wealthy because he took in more money than he spent." A factually true analysis, though you'd fire your financial planner if that

ARTIFICIAL INTELLIGENCE: TRADING FRESH FOOD FOR REFINED IS A RAW DEAL



## The Raw Facts #2

**Juice** Whole fruit is sugar-packed, but it's also rich in fibre, which slows absorption. Juicing kills the fibre so you get the same hit as a Coke. Stick to fruit in solid form.

**23g**

OJ may count as one of your five-a-day, but a 250ml glass packs in this much sugar: roughly the same as a KitKat Chunky.

was the extent of the advice you were given. But this is what we're told: Eat less, lose weight. "If someone's getting fat, they have to be taking in more calories than they expend. The question is 'why?'" And that's a rather tougher ask.

For years, our food has been sold to us broken down into its component parts. By which, of course, I don't mean a thorough examination of its individual ingredients and their provenance—quite the opposite. Rather it's the macronutrients that constitute the frozen beef and potato hotpot in your trolley; our dinner's credentials are quantitative, not qualitative, detailed in those traffic lights on the front and the handy grid on the back. But this oversimplification of the things we eat is doing us a disservice. To extend our economic analogy, it treats all the money going into your account as equal. Your paycheque looks the same as cash you won on a scratchcard or stole from a bank. But if you were to ask the government tax department, or the police, about that income they might have a different idea about how it should be dealt with.

In a straight macronutrient shootout, the red saturated fat box on a sirloin steak means it's less healthy than a reduced-fat lasagne and chocolate mousse combo. But from my sugar crashes, I'm not convinced my body agrees. Nor does Dr Aseem Malhotra. "A calorie is not a calorie," he says. "It's ridiculous that people think they're all the same." As a consultant cardiologist and the science director of pressure group Action on Sugar, he's long railed against the food industry's low-fat health promises.

"I explicitly tell my patients, friends and family to avoid anything marketed as low fat, heart healthy or cholesterol lowering," he says. As he lists study after study proving that calorie-controlled diets not only don't work, but pose severe health risks, his voice rises. "It horrifies me how the industry manipulates people into buying this food to be healthy, when it has no proven health benefits." This is not encouraging information for someone who has spent seven days hauling this "good for you" grub from microwave to mouth.

But if these healthy lines still stacked in my fridge aren't good for me, why does the supermarkets' marketing so explicitly suggest otherwise? "The whole diet phenomenon has been music to the ears of the food industry. Because it's meant higher sales," says writer and campaigner Michael Moss. Brands such as Coca-Cola see low-calorie options as that holy grail of supermarket shelf domination—the line extension. "They have a minimum of 'cannibalisation'—a detrimental effect on the sales of their main line. To the contrary, they generate buzz and interest in the whole brand and expand sales by attracting people in." And, as Moss points out, often it's not the people most in need of low-cal options who pull them off the shelf. Rather, it's the person who feels a diet drink excuses the pizza they also put in their basket.

## Count On Yourself

**Use these kitchen prep tips to enjoy all the health benefits your packaging promises—no downside.**

### 01 Low salt!

Swap sea salt flakes for powder. Finer grinds taste saltier, so you'll use less.

### 02 Low sugar!

Cold liquids make your tongue less receptive to sweet tastes, so you need more to get the same fix. Trade ice water for tea and you'll be sated sooner.

### 03 Calorie Reduced!

Cook root vegetables then chill overnight. This lowers the GI value to increase satiety and stop your blood sugar spiking, so you'll end up gorging on less.

### 04 Lower Cholesterol!

Drizzling on olive oil cuts harmful LDL cholesterol, but keep it off the heat. If it smokes, carcinogenic compounds form. Cook with groundnut instead.



**330ml**

A can of Fanta this size is *lower* in sugar than a standard berry and banana smoothie, despite the "not from concentrate" labels.

## Calorie counting is killing us

After my weekly weigh-in, the scales show a kilogram of progress that the mirror does not. Meanwhile, I'm suffering a headache induced by the 28g of sugar in my Marks & Spencer's Count on Us smoothie (one of your five-a-day! 0% fat!). I contact M&S to get an idea of why the range has jettisoned fat specifically. "It contains more calories per gram," says head of nutrition Claire Hughes. "So it's a good way to reduce the calorie count of your diet." She's keen to point out that the brand works to ensure sugar levels in its healthy products don't exceed the amount in the main-line equivalent. Although, when I check the nutritional breakdown of the first week of M&S's Count on Us meal plan, I'm surprised to find it packs in as much as 120g a day.

**"Labels on food mean 'processed'. Can you find a nutritional label on an apple?"**

Since fat is twice as calorie dense as carbs, by ditching it, the all-important number in the kcal box drops. And since "weight equals energy in minus energy out", that figure decides whether or not a diet food sells. But it turns out we unfairly malign fat as the nutritional bogeyman. *The New England Journal of Medicine* found that four daily tablespoons of olive oil, as part of a Mediterranean diet, slashed heart attack and stroke risk by 30%. In fact, the results were so marked that the study had to be stopped early because it was deemed unethical to continue putting the group on a low-fat diet at risk.

"That quantity of olive oil contains about 500 calories," says Dr Aseem Malhotra. "This is a food that has clear benefits: It will reduce your risk of heart disease, stroke, cancer and dementia. Compare that to a can of Coke. It contains just 139 calories, but we all know which one is linked to type-2 diabetes." This is where low-fat, calorie-counting diets collapse: 500 calories of sugary soft drink do not have the same impact on your body as 500 calories of olive oil.

ILLUSTRATIONS **JAMES GRAHAM**



**400**

A 'lite' morning muffin may seem sensible, but eating filling eggs for breakfast will cut your day's total kcal intake by this amount.

## Decode The Package

**Get wise to the coercive tricks of the diet food industry.**

01

This is not to be confused with "low-sugar". Bars and snacks made from dried fruit, milk and cereals can naturally pack twice as much sugar as a regular bar of chocolate.

02

Contains 30% less fat than a more calorific, full-fat equivalent. Check to see if either salt or sugar has been bumped up to make it palatable.

03

Serving sizes are chosen by the manufacturer. Just because they've decided that a meal is fit for two doesn't mean it will be.

04

"Placing that information in a positive symbol stops people from scrutinising the details too much," says retail consultant Karl McKeever.



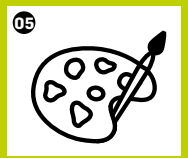
**27%**

This is the increase in your heart attack risk if you regularly skip eating breakfast. Cutting out morning meals isn't the answer.

## The Raw Facts #3

**Breakfast** Your "healthy" muffin may not list "sugar" in its ingredients, but what are agave nectar, honey, corn syrup, rice malt (extract), dextrose and sucrose? Exactly.

05



Light packaging implies a calorie-light product. "Manufacturers typically use pale backgrounds," says McKeever. Judge the health claims on what's in black and white.

06




"Typically, diet products have a price premium," says McKeever. Your money will go further – and your waist will stay trimmer – in the veg aisle.

## Crashing out of crash diets

Come the final weigh-in, it seems my miserable fortnight has worked. I've dropped nigh-on two kilos and shed almost 2% of my body fat. On many levels this is a sonorous endorsement: An easy-to-follow weightloss diet that hasn't bankrupted me, adheres to the calorie guidelines handed down by the World Health Organisation, and seems to eat away fat without compromising muscle. But despite this, the only nutritionist I can find to recommend my diet is one whose paycheques are signed by Marks & Spencer.

For a final analysis of my diet-diet, I run my results past Dr Eric Asher, medical director at London's Third Space Medicine. He is unimpressed: "These things assist people who are cretins to become less cretinous." By which he means that if you exist on nothing but fast food then diet food at least offers a slight improvement. "But it's only a whisker better. I would bypass it entirely. It's a diversion rather than a stepping stone." His recommendation, as with everyone else I speak to, is neither sexy nor swift: Cook, don't eat processed foods and realise that losing weight and actually keeping it off takes time.

Most importantly, ignore the labels. "Stop counting calories and focus on good nutrition," says Malhotra. Your body's very good at getting itself in energy balance and so long as you avoid processed foods designed to bypass its feelings of fullness, it will do its best to stop you from overeating. "When you've got labels on food, most of the time that means it's processed," he continues. "Can you find a label on an apple that tells you its nutritional content? No. But those are the foods you want to be eating. An industry has developed around labelling food as being healthy when it is the opposite."

**"Five years after a diet you'll be looking at a bigger number on the scales."**

With my days of eating nothing but packaged swill behind me, I return to my former eating habits. Only now they have been amplified. Within the first few days I nip out for a second burrito lunch an hour after the first, a slip that would have seen off my entire daily calorie limit a week ago. This is a problem I share with two thirds of dieters, according to a study from UCLA, which found that five years after a diet, you'll be looking at a bigger number on the scales than you started with. As I was warned before I began my crash course in crash dieting, it was never going to be a sustainable eating plan. That I'd return to my gluttonous vices was inevitable. This yo-yoing, says Malhotra, is associated with heart attacks and strokes independently of weight. Bad news.

I shouldn't be surprised that health problems brought on by weak willpower can't be fixed by relieving myself of the onus entirely. And it makes sense that the very food manufacturers responsible for the obesity epidemic in the first place wouldn't be the people to entrust with my health, or yours. For all their posturing, the companies behind these products don't care if you lose weight – they care that you buy their food. As former Weight Watchers finance director Richard Samber admitted in an interview in 2013, the 84% of people who fail and keep coming back are "where your business comes from". To become a weightloss success, not a statistic, personal responsibility is the prescription. From now on, if it has a label, it doesn't go in the basket. If it promises a quick fix, I'm steering clear. And if it offers all the flavour with none of the fat, I now know that's a pledge no meal can possibly keep. ■

# A Well-Dressed Frequent Flyer

You want to be prepared wherever you are. And here's what you need to know about travelling in style and comfort.

WORDS **JOHN NG** PHOTOGRAPHS **ENIKO SZUCS** STYLING **DONOVAN WHYTE/JUDY INC.** GROOMING **KIM WHITE/WILHELMINA NY** (MAKEUP) AND **RAFAEL ESTRELLA DUNN** (HAIR) MODELS **HUGO BARBOSA/WILHELMINA NY** AND **ELANA DRAGO/WILHELMINA NY**



## TAKE A NEW APPROACH

"Chances are, the number of times you will ever get to wear a tuxedo is minimal," says fashion stylist Donovan Whyte. "So by choosing one with a little twist in style and fabrication, you won't just get to wear it more often, but also look on point."

**PAUL SMITH** suit and shoes, *www.club21global.com/my*; **FRED PERRY** shirt, *www.fredperry.com*



## MAKE A COMEBACK

Bomber jackets rebel against the move towards a smarter aesthetic and add an edge to just about any outfit. As Whyte puts it, "they're making a huge comeback this season and it seems like they are here to stay."

**BURBERRY** leather jacket and shirt, *www.burberry.com*;
**FRED PERRY** pants and bag, *www.fredperry.com*;
**CALVIN KLEIN** shoes, *www.club21global.com/my*



## BE PREPARED

Travelling to an unfamiliar destination? The classic trench coat is a must to shield you (or her) from unpredictable weather conditions. At the same time, you can button it up, secure the belt and feel safe knowing your favourite getup underneath is safeguarded, says Whyte.

(On him) **BANANA REPUBLIC** jacket, *www.fjbenjamin.com*;
**FRED PERRY** shirt and sweater, *www.fredperry.com*;
**MASSIMO DUTTI** chinos, *www.rshlimited.com*
(On her) **MASSIMO DUTTI** dress, *www.rshlimited.com*

## GO SMART CASUAL

The vest and jeans combination is a perfect candidate for achieving that effortlessly modish look. Make sure the denim is a slimmer fit, so it's consistent with your vest, and always go for a dark wash with no fancy fades, holes or bagginess.

**MASSIMO DUTTI** shirt, *www.rshlimited.com*;
**TED BAKER** vest, *www.rshlimited.com*;
**BURBERRY** jeans, *www.burberry.com*






## PAIR FOR IMPACT

Wearing coloured suits for spring/ summer is no breaking news. "What's going to make you stand out is the way you put together your overall ensemble," says Whyte. A white shirt, for instance, could look uninteresting whereas a patterned one is likely to pack a punch.

**CALVIN KLEIN** blazer and pants, *www.club21global.com/my*;
**BEN SHERMAN** shirt, *www.bensherman.com*;
**BROOKS BROTHERS** pocket square, *www.brooksbrothers.com*



## GET CREATIVE

Think of a khaki suit as a blank canvas capable of being transformed simply by what you pair it with. The simplest way to get a casual look without appearing like you're on an African safari is to wear it with a polo shirt or to break it up and wear it as separates.

**BANANA REPUBLIC** suit, *www.fjbenjamin.com*;
**FRED PERRY** shirt, *www.fredperry.com*



## TURN UP THE VOLUME

The right motifs can provide a positive effect, offering an easy way for you to differentiate your usual stripped-down looks from the pack while simultaneously adding a touch of personality. "Don't be shy with mixing patterns and prints; they are big this season," says Whyte.

(On him) **CALVIN KLEIN** suit, *www.club21global.com/my*; **BEN SHERMAN** polo shirt, *www.bensherman.com*

(On her) **TED BAKER** jacket, *www.rshlimited.com*; **MASSIMO DUTTI** dress, *www.rshlimited.com*

# GOOD TIMING

*Designed for seasoned travellers and watch connoisseurs alike, here's our pick of the must-have accessories for today's globe-trotting explorers.*

**THE WORLD IS BECOMING A SMALLER PLACE AS WE SPEAK. IT'S NOW SO STRAIGHTFORWARD FOR US** to stay connected with one another, which in turn makes keeping track of time in this global marketplace crucial. You certainly don't want to be calling a prospective business partner in the middle of the night or have the same done to you. Your watch might just be the solution to this nagging little dilemma we call "punctuality" while at the same time cranking up your sartorial style.



WORDS **JOHN NG** PHOTOGRAPHS **XERXES/SHOWUPICTURES STUDIO** STYLING AND COORDINATION **ANIS TAUFIK**




**MIDO**
*Multifort 80th Anniversary GMT Edition*

Stainless steel case with rose PVD treatment that houses a silver dial with vertical Geneva stripes, faceted indexes and numerals individually applied, second time-zone indicator (T2) and date indicator at three o'clock. Water resistant to 100 metres. Automatic movement.
***www.mido.ch, RM4,180***




**TIMEX**

*Intelligent Quartz World Time*

Stainless steel case with IQ World Time Movement which can display time in 24 major cities around the world. Black genuine leather strap with stamped crocodile pattern. Water resistant to 100 metres. Quartz analog movement. ***www.aristasingapore.com, RM828***




**MONT BLANC**

*Montblanc Meisterstück Heritage Perpetual Calendar*

Stainless steel case with a scratch-resistant sapphire crystal glass and a black alligator leather strap. The dial hosts a multitude of functions including four sub-dials displaying the month, date, moon-phase and day at twelve, three, six and nine o'clock, respectively. Water resistant to 30 metres. Automatic movement. ***www.montblanc.com, RM40,500***




**EDOX**
*Class-1 Powerboat GMT Worldtimer*
Stainless steel case with black PVD coating. It includes a sturdy and sharply contoured black ceramic bezel that is scratch-resistant and twice as hard as steel, a high-tech material used in the world of powerboat racing. Water resistant to 300 metres.
***www.crystaltime.com.sg, RM9,435***




**ORIS**
*Greenwich Mean Time Limited Edition*

Stainless steel case frames a silver guilloche dial with applied indices and Super-LumiNova treated hour and minute hands. The secondary time display at three o'clock shows the world's time zones in the background and includes a night and day indicator. Water resistant to 50 metres. Automatic movement.
***www.oris.ch, RM12, 900***

# SUBSCRIBE TODAY!




SAVE UP TO **35%**

## SUBSCRIBE **NOW!**

❑ **1 YEAR**
RM96.00 (12 ISSUES) – SAVE 20%

❑ **2 YEARS**
RM156.00 (24 ISSUES) – SAVE 35%

**WHY SUBSCRIBE?**

✓ No hassle of non-availability.
✓ Free delivery.

**NAME:** _____

**DESIGNATION:** _____

**COMPANY:** _____

**ADDRESS:** ❑ **HOME** ❑ **OFFICE**

_____

_____

_____

**POSTCODE:** _____

**CITY:** _____

**STATE:** _____

**COUNTRY:** _____

**TEL NO:** _____

**FAX NO:** _____

**E-MAIL:** _____

**TO SUBSCRIBE:**

1 Please issue cheque payable to: Mongoose Publishing Sdn Bhd.
2 Please mail form and cheque to: *Mongoose Publishing Sdn Bhd, Level 36 Menara Ambank, 8 Jalan Yap Kwan Seng, 50450 Kuala Lumpur.*
3 Subscriptions or goods sold are non-refundable from receipt of first edition.
4 Please contact our Circulation team at **+603 2166 6650**, or **subscription@mongooseasia.com** for any enquiries or feedback.

**Direct Selling license: AJL 931917**

**Please allow 2 to 3 weeks Cooling Off Period.**

Pay by credit card and enjoy a hassle free experience at our Mongoose Store. Log on to:

**eshop.mongooseasia.com**

Men'sHealth www.mens-health.com.my mongoose




# WIN UNDER ARMOUR CASH VOUCHERS WORTH RM280 EACH!

Under Armour was founded by former University of Maryland special teams captain Kevin Plank in 1996, who was only 23 at the time and experimenting with synthetic fabrics in his grandmother's basement. The fact that he hated having to change his sweat-soaked cotton T-shirts frequently throughout his training days changed the way athletes dress forever.

Under Armour opened its first store in Malaysia at KL's leading landmark and shopping destination—Suria KLCC offering a vast range of sporting apparel for both men and women. It houses the innovative UA technology such as HeatGear® Sonic, HeatGear® Flyweight, Coldblack®, UA Tech™ and Compression range. The menswear includes men's training, baselayers, combine training, running, golf and footwear while the women's collection includes training, running, UA's studio line, UA studio and US StudioLux® and the Armour Bra powered by Under Armour.

**PRIZES:**
Six winners will receive a cash voucher worth RM280 each!

**QUESTIONS:**

1. Name the founder of Under Armour.
2. Where can you find the first Under Armour boutique in Malaysia?
3. According to one of the muscle bulletins, what is the benefit of the "push press" technique?

## HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND **WIN A CASH VOUCHER WORTH RM280!**

UNDER ARMOUR

**CLOSING DATE: 31 March 2015**

**TERMS & CONDITIONS:** This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email

Men'sHealth

# WIN A REEBOK WATCH WORTH MINIMUM RM329!




The watch collection reflects the spirit and heritage of the Reebok brand with sportive, functional and fashionable timepieces. The collection is designed for sports enthusiasts, fitness lovers and all people with an active lifestyle.

Taking cues from the Reebok ZigTech Technology, the SZ1 incorporates the wavy sole design into its strap: Seen from the side, the warrior black strap unveils an electrifying yellow Zig-wave pattern. Waterproof up to 50 meters, the SZ1 is the perfect workout companion, waking you up in the morning and measuring your exercise progress.

Paying tribute to the iconic Reebok ZigTech sole design, the Z1G watch is a prime example of design paired with function. The single body watch made of smooth silicone showcases the iconic wave pattern in red, which allows optimal aeration. The Z1G watch is waterproof up to 50 meters, features split function as well as a countdown timer and a dual time display.

**PRIZES:**

14 lucky winners will win a Reebok SZ1 watch or a Reebok Z1G watch!

**QUESTIONS:**

1. The Reebok Z1G watch is inspired by Reebok's ZigTech sole design.
   True / False

2. Reebok SZ1 and Z1G watches are both waterproof.
   True / False

3. According to one of our nutrition bulletins, what disease can a morning protein shake protect you from?

**CLOSING DATE: 31 March 2015**

## HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND **14 LUCKY WINNERS WILL WIN A REEBOK SZ1 WATCH OR A REEBOK Z1G WATCH!**

Reebok

**TERMS & CONDITIONS:** This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email




# WIN TICKETS TO THE PREMIERE SCREENING OF *WILD*!

In *Wild*, Reese Witherspoon brings bestselling author Cheryl Strayed's extraordinary adventure to the screen. After years of reckless behavior, a heroin addiction and the destruction of her marriage, Strayed (Witherspoon) makes a rash decision. Haunted by memories of her mother Bobbi and with absolutely no experience, she sets out to hike more than a thousand miles on the Pacific Crest Trail all on her own. *Wild* powerfully reveals her terrors and pleasures --as she forges ahead on a journey that maddens, strengthens, and ultimately heals her.

**PRIZES:**
Readers will win a pair of passes to the premiere screening of *Wild*!

**QUESTIONS:**

1. Name the director of *Wild.*
2. Name one comedy movie starring Reese Witherspoon.
3. How many secrets are listed in The Anarchy Workout?

**CLOSING DATE:** **5 March 2015**

## HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND **WIN PASSES TO THE PREMIERE SCREENING OF *WILD*!**

20th CENTURY FOX

**TERMS & CONDITIONS:** This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email




# How Far Will the Cork Fly?

Let's say you're at a festive party—or any celebration, really—and you're about to pop open some champagne. You'll want the cork to shoot high enough to add flair to the festivities, not misfire and end up with a limp launch.

Thankfully, we've come up with the equation above to ensure the right amount of bang from your bubbly. Just plug in the distance you want the cork to travel (within limits!) and then let the chilled bottle sit at room temperature for the time indicated. Now you're primed for the ultimate party trick.

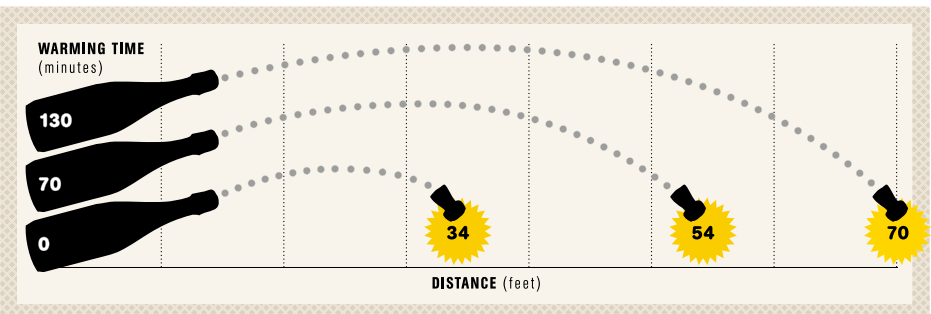
Here's why: According to a study published in the *Journal of Food Engineering,* as a chilled bottle of champagne starts to warm up, the pressure inside the vessel intensifies. In geekspeak, this is what's known as an "adiabatic reaction." Translation: The warmer the bottle, the greater the interior pressure for shooting your wooden wad.

Allowing your Dom to warm up a few degrees will wow your guests in another way too. French research found that champagne served only moderately chilled may be measurably more delicious than bubbly poured at a colder level, merely a few minutes out of the fridge.

That's because warmer temperatures stimulate more effervescence. And extra fizz means extra flavor, as the bursting bubbles inside the glass give champagne more body and aroma.

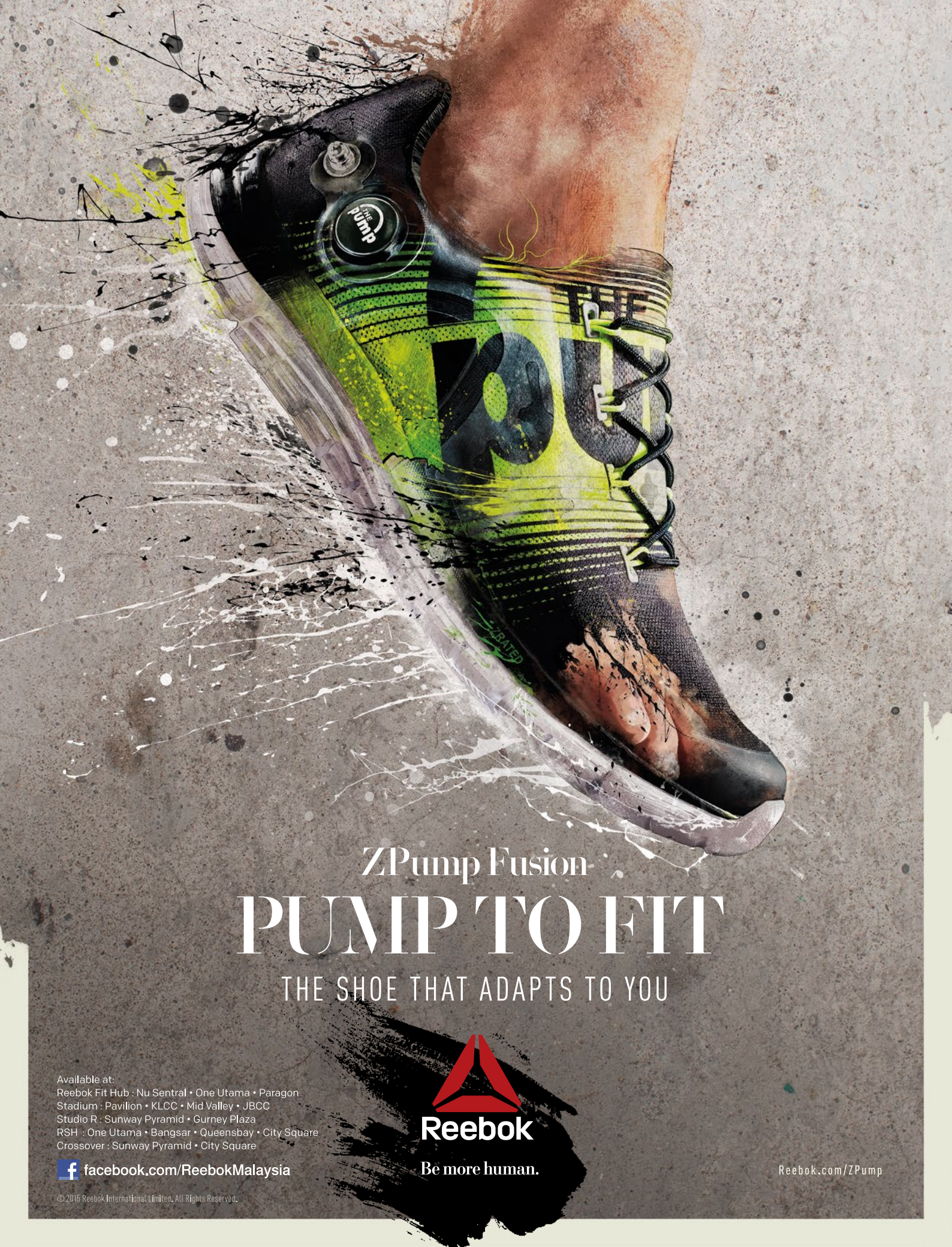
Not in the mood for arithmetic? Consider 130 minutes of warming time your scientific sweet spot. That's how long refrigerator-chilled champagne takes to reach 17.8°C and yield 14% more bubbles. Cork distance: 70 feet.

For our tests, all bottles were held aloft at 45 degrees. That angle provides the optimum height and hang time to achieve maximum trajectory. Without spilling, of course. – WITH BEN PAYNTER




Tests were performed with unshaken bottles. Equation works best for distances between 30 and 80 feet.

WORDS **MARK ROBER** ILLUSTRATION **ELIAS STEIN**


ZPump Fusion
PUMP TO FIT
THE SHOE THAT ADAPTS TO YOU
Available at:
Reebok Fit Hub : Nu Sentral • One Utama • Paragon
Stadium : Pavilion • KLCC • Mid Valley • JBCC
Studio R : Sunway Pyramid • Gurney Plaza
RSH : One Utama • Bangsar • Queensbay • City Square
Crossover : Sunway Pyramid • City Square
facebook.com/ReebokMalaysia
Reebok
Be more human.
Reebok.com/ZPump
© 2015 Reebok International Limited. All Rights Reserved.



Harbour Bridge, Sydney, Australia




# A mark of true design

Multifort Chronograph Caliber 60

Elaborate automatic movement, up to 60 hours of power reserve, stainless steel case, non-reflecting sapphire crystal, screwed transparent caseback, screwed crowns and pushers, water-resistant up to a pressure of 20 bar (200 m / 660 ft).

MIDO®

SWISS WATCHES SINCE 1918

www.mido.ch

Service Centre: **The Swatch Group (M) Sdn. Bhd.** (365612-U), Level 22, Wisma Goldhill, 67 Jalan Raja Chulan, 50200 Kuala Lumpur.
For Enquires: mido@swatchgroup.com.my • Tel: +603 2145 2266